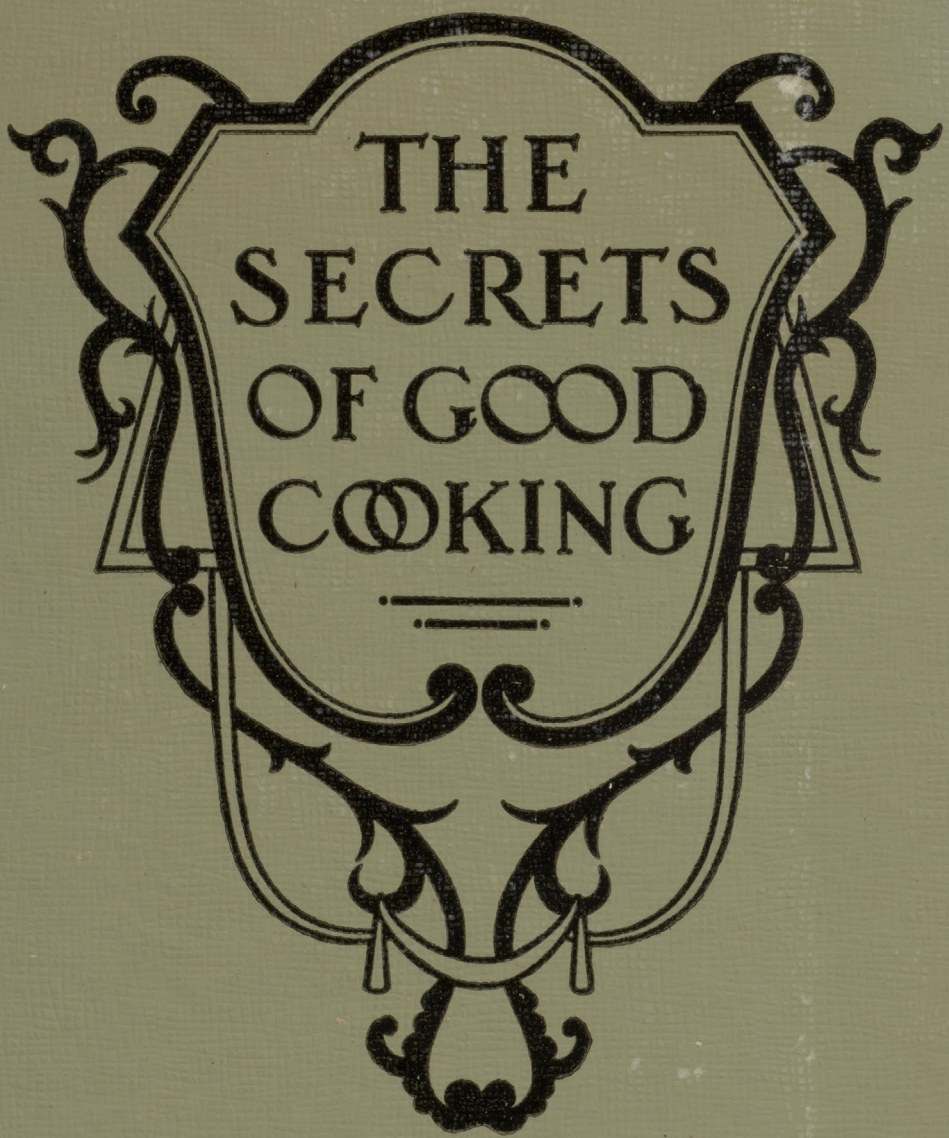

THE
SECRETS
OF GOOD
COOKING

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THE SECRETS
OF
GOOD COOKING

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Dedicated to
Madame P. R. Du Tremblay,
whose discreet and intelligent encouragement
has made the publication of this
book possible.

The Author.

THE SECRETS OF GOOD COOKING

Containing the substance of the Courses, given at the Montreal Cooking School, (Congregation of Notre-Dame), and a choice of more than 1500 recipes, all tested in the laboratory-kitchen of the School

BY

Sister St. Mary Edith,
Principal of the Montreal Cooking School

Published by
The Canadian Printing and Lithographing Company, Limited, Montreal

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Preface

MOTHER St. Mary Edith was inspired in preparing a practical treatise on the art of cooking, together with a choice collection of tested recipes. Her ambition was to teach in a clear and concise way those principles and fundamentals of good cooking, the knowledge of which is really essential to the wife and mother.

All those, who will have the opportunity of using this book, will agree that Mother Edith has fully realized her ambition. The undersigned have been privileged to attend the courses of the Montreal Cooking School. We are glad to say that we find in the book the very precise knowledge, the admirable clearness of expression and the eager desire of being always useful and practical, which are the characteristic qualities of Mother Edith's lessons.

We feel honoured to have been chosen as the godmothers of a book which is destined to be most useful to that vast army of women, whose task and privilege it is to prepare the meals and plan that diet of their family.

M. L. Shaughnessy (Lady Shaughnessy)

Alice Gouin. (Lady Gouin)

Blanche Forget (Lady Forget)

Mary Kingsmill Molson (Mrs. Walter Molson)

M. Leslie Magee. (Mrs. Allan Magee)

Elizabeth M. Brainerd Mrs. Winthrop Brainerd)

Yvonne O'Brien (Mrs. W. P. O'Brien)



Proper uniforms for the maid, when she waits on the table: at the left, a black or gray dress with white apron, cuffs and collar for dinner or supper; at the right, a white washable cotton uniform for breakfast.

THE IMPORTANCE OF GOOD COOKING

"LIKE everything else, cooking has undergone a marked evolution. As there is a new art and a new literature, there are also new trends and new methods in Modern Cooking." Thus wrote Mr. Albéric Cahuet, the noted French journalist, in a recent article welcoming the publication of a new cook book.

Our country has perhaps ignored more than any other country, this change in culinary and eating habits. Our diet has remained surprisingly the same that satisfied our hard working forefathers. Our meals are ill chosen, poorly balanced and often badly prepared. And that is why our sedentary generation is plagued with liver, kidney and stomach diseases.

Some people may consider our statement exaggeratingly strong. To them, we will quote the testimony of Dr. J. A. Beaudoin, Director of the Faculty of Applied Social Hygiene at the University of Montreal. "It is not exaggerating to state, says Dr. Beaudoin, that the diffusion among our population of genuine knowledge on these questions of diet, would undoubtedly contribute to save more than a third of the precious lives which are prematurely lost. The statistics show us that in 1926, in Montreal, 1,785 deaths were due to kidney and liver complaints, to diabetes and chronic rhumatism, diseases which are intimately linked to a faulty diet."

And the danger is not only to our health and life, but it threatens also to influence our economic activity. Bad diet means bad health, and bad health means a considerable loss of time.

From another point of view, there is also an economic loss caused by housewives, who waste food because they are ignorant of the principles and rules of good cooking. What really appreciable savings a wife and mother might make if she only knew, for example, the simple art of

using left-overs! There is no doubt that wholesome and discerning cooking contributes to the good spirits of the home, of the office and of the industrial plant.

It is therefore quite in order to welcome with applause and congratulations the initiative of those,—institutions as well as individuals,—that strive to further among us the gentle art of good cooking. In this instance, our applause and congratulations are unstintingly given to Reverend Mother St. Mary Edith, Principal of the Montreal Cooking School, who has just published "*The Secrets of Good Cooking*", a book destined to render most excellent service.

Besides numerous recipes, all of them tested and proved and well adapted to our conditions of life, the book contains a complete course in modern cooking together with much useful advice to the housewife. A complete chapter on "Table Etiquette" and another one on "Table Service" will please all women who like, on occasion, to receive their friends in proper state and fashion. The style of the book is wonderfully direct and clear. The book has also an elaborate alphabetical Index which makes it easy to consult.

La Presse has ever shown itself eager to further the cause of better hygiene among our population. For many years already we have published daily articles and weekly features on good cooking and diet. It is therefore with pleasure that we welcome Mother St. Mary Edith's Cook Book; a book which is destined to be immediately useful to all classes of our population and more particularly to our working classes.

LA "PRESSE".

THE AUTHOR'S INTRODUCTION

THE "*Secrets of Good Cooking*" is really the work of the Montreal Cooking School. To test and re-test so many different recipes, the systematic effort of the whole personnel of the School was necessary, as were also the equipment and facilities of the laboratory-kitchen of the School. The work took many years: experiments had to be repeated many times and, after the tests, many recipes had to be eliminated.

The didactical part of the book is also due in part to the collaboration of the teachers of the School. The author claims no other merit than that of having arranged, edited and abridged the whole matter and of having adapted it to the needs of that wife and mother whose privilege it is to prepare the meals of her little family.

The average housewife is not a graduate chemist. She cannot afford to be a specialist in cooking. Her role is rather more complicated. She is not only the chef, who watches over the cooking of the food, but she is also the manager who prepares the menu and the head-waiter who presides over the service. And when the meal has finally been served, she must assume the parts of hostess, of teacher of table maners and, on occasion, of brilliant conversationalist. What a varied curriculum she must have followed! And how many different things she must have rolled in her mind to prepare the most simple dinner! Cooking methods, balanced diet, food costs, the health, the appetite, the whims and the age of her guests, such are some of the problems she has to meet and solve every day. Our ambition has been to help her meet and solve these problems. We have tried to put in our book an answer to her every need.

"*The Secrets of Good Cooking*" is above all a practical book. After many discussions and hesitations, we have adopted the questionaire style. This form seemed to us excellent to bring home to the housewife the sometimes difficult and dry rules and principles of good cooking. The average housewife has not the time to read abstract and lengthy dissertations, but she can always read a few simple, direct sentences, giving a clear solution to some practical question.

At the end of each chapter, we have grouped together the appropriate recipes. Thus the practice ever follows the theory and the book is made easier to consult.

Throughout the many chapters of the book, in writing out the didactical part as well as in choosing the recipes, we have given much thought to the modern trends in diet and eating habits.

In the old days, it was a sufficient certificate of perfect health to say of some one: "He has a wonderful appetite." To-day in the light of our more precise data on the relative value of foodstuffs, the certificate is not so convincing. A good appetite is, of course, to be commended, but only inasmuch as it has been properly educated and orientated.

The cooks of the old school are often in despair over the lack of appreciation of the new generations. The reason is that the new generations are more scrupulously careful of their health and very anxious to keep "fit," according to the expression of the hour. They find therefore that the old-fashioned cooking is not conducive to the desirable state of being "fit." Our mode of life has changed. We belong to a sedentary period. "And sedentary people are killed, not nourished, says a distinguished French physician, by an exclusive diet of meat, potatoes, gravy and white bread."

I do not advise my readers to go to the other extreme and start weighing and measuring the calories and vitamines, that should enter into a perfectly balanced diet. But, among all the new theories, there are a few general conclusions that should be retained and emphasized. We have not, in the past,

made large enough in our diet the due portion of fruit and vegetables, more particularly of fresh and green vegetables. Our ancestors considered many vegatables and all fruit as useless delicacies. It is now an accepted scientific fact that fruit as well as vegetables are essential to our well-being and that we cannot with impunity deprive ourselves of this necessary food. It is a good rule to serve eggs, meat or fish only once a day and to accustom ourselves little by little to a diet made up in goodly portion of green vegetables, of raw vegetables, of fruit of all kinds and of whole wheats.

We have given much attention in our book to these food-stuffs, which were more or less slighted, in the old-fashioned cook book. Our aim has been to suggest more and more variety in the choice of menus. I should say that, in my opinion, the best cook is not the one who turns out one perfect dish, but the one whose cooking embraces the widest scope of varied and ever-changing dishes. The housewife, who understands this importance of variety in her cooking, will find in our book many precious suggestions, that will contribute to make her meals more attractive and enable her to preside with more discerning care over the health of her loved ones.

THE AUTHOR.

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Glossary of Culinary Terms

A la.—After the style, or in the fashion of.

A la broche.—Cooked on a spit.

A la carte.—According to the menu.

Aspic Jelly.—A savoury jelly, used for garnishing.

Au bleu.—Fish cooked in stock with a little wine added.

Au four.—Cooked in the oven.

Au gratin.—Dishes covered with sauce, breadcrumbs and cheese, and browned in the oven.

Au maigre.—Dishes prepared without meat, or Lenten dishes.

Au naturel.—Food cooked simply.

Baba.—A light cake made with yeast.

Bain-marie.—A vessel containing small saucepans in which to keep sauces, etc., hot.

Ballotine.—Small stuffed rolls of meat or poultry.

Barder.—To bard or cover the breasts of poultry or game with slices of bacon before roasting.

Béarnaise.—A rich white herb sauce.

Béchamel.—A rich white sauce.

Beurre noire.—Browned butter.

Bisque.—A shell fish soup.

Blanche or Blanchir.—To parboil or to scald.

Bouchées.—Small patties of light pastry, sufficient for a "mouthful."

Boudin.—An entrée prepared with quenelle or very finely minced or pounded meat.

Bouillon.—Broth.

Bouilli.—Beef stew, served with sauce.

Bouquet-garni.—A bunch of herbs or a faggot.

Bourgeoise (à la).—Simple homely dishes.

Braisé.—To braise or to cook meat in a covered pan with various hot vegetables and bacon.

Brioches.—A light French yeast bread.

Canapé.—Small pieces of fried bread, toast or pastry on which to serve hors-d'œuvre or savouries.

Cannelons.—Small rolls of pastry filled with mince.

Caramel.—Browned sugar, or sugar boiled until it turned dark brown. Used for coating moulds or for colouring.

Casserole.—An earthenware stew-pan in which food is cooked and served.

Chartreuse.—Moulds of fruit, jelly or savoury mixture.

Chaudfroid.—A cold sauce used for coating pieces of game, meat or fish.

***Choucroute* (*sauerkraut*).** Pickled cabbage.

Compote.—Fruit stewed in syrup. The word is sometimes used for a kind of rich stew of game or poultry.

Condiments.—Highly flavoured spices and seasonings.

Confiture.—Jam or fruit preserves.

Consommé.—Clear soup.

Coquilles.—Shells or anything served in shells or shell-like moulds.

Côtelettes.—Cutlets.

Court-Bouillon.—Fish stock.

***Crécy* (*à la*).**—Dishes which contain carrots.

Crêpes.—Pancakes.

Croissants.—Half-moon shaped pieces of fried bread or pastry.

Croquettes-friandises.—Savoury mince of fish, meat, poultry or game made into various shapes, egged and breadcrumbed, and fried.

Croûtons.—Small slices of bread cut into various shapes and fried.

Croustade.—A case of bread, potato or rice in which to dish mince, etc.

Cuisse.—Leg of chicken.

Dariole.—Small cup-shaped moulds made with a mince or pâté.

Darne.—A middle cutlet of fish.

Daube.—A stew of minced meat or fowl.

Désosser.—To bone.

Dhall.—An Indian term for split peas or lentils.

Diable.—Sharp, hot seasoned dishes; devilled.

D'Uxelles.—A mixture of parsley, mushrooms, shallots, etc., used for flavouring sauces or purées or as a forcemeat.

Eclairs.—Choux pastry filled with cream or custard.

Emincé.—Finely sliced or shredded.

Entrée.—A hot or cold side dish.

Entremêts.—Dressed vegetables, or hot or cold sweets, served as second course.

Escallops.—Collops; thin slices of any kind of meat, game, or poultry, generally egged and crumbed, and fried.

Espagnole.—A brown sauce.

Etuvée.—To stew in the oven.

Faggot.—See Bouquet-garni.

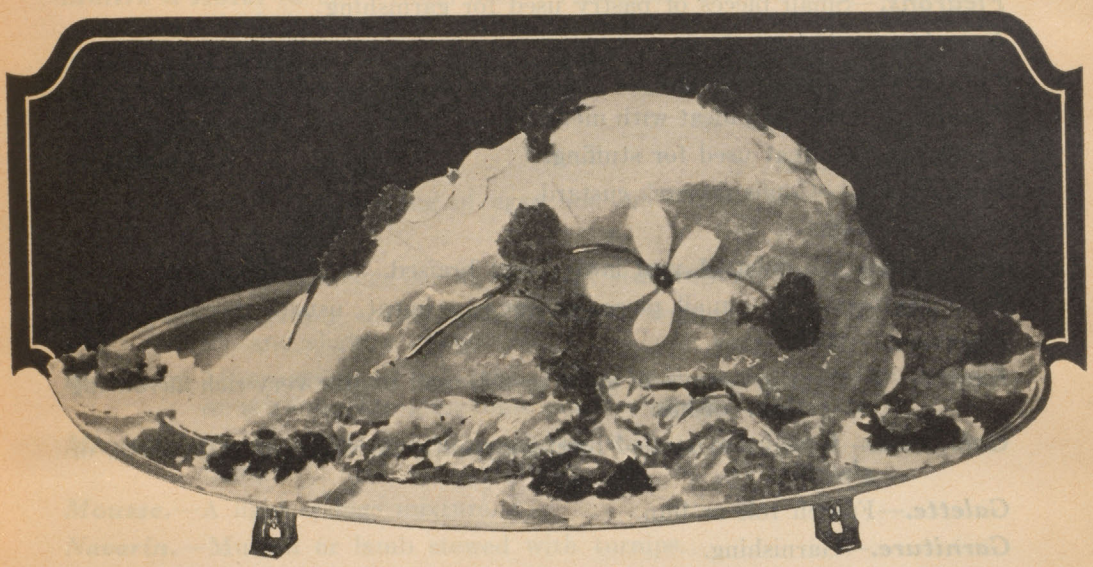
Faire revenir.—To partly fry meat or vegetables.

Farce.—A forcemeat or stuffing.

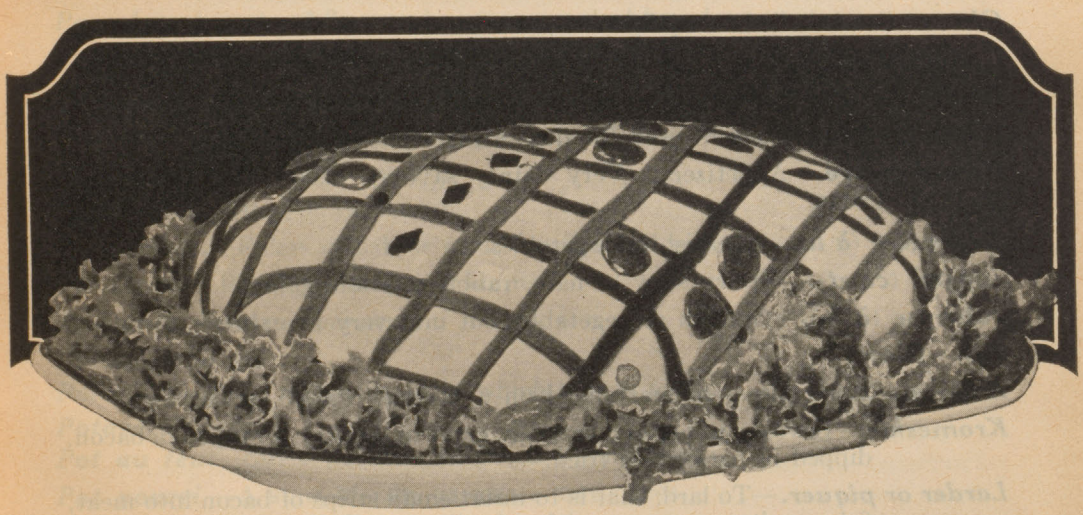
Fécule.—Fine rice or potato flour used in binding sauces and soups.

Feuilletage.—A light puff pastry.

Filet.—Fillet.



CHAUDFROID TONGUE (pages 32, 36, 82)



BONED FOWL (page 88) SERVED WITH CHAUDFROID SAUCE (page 32, 36)

Fines Herbes.—Finely chopped herbs, used for seasoning and stuffing.

Flan.—An open fruit or custard tart.

Fleurons.—Small pieces of pastry used for garnishing.

Foie Gras.—Goose's liver.

Fondant.—A kind of icing.

Fondue.—A savoury meat with melted cheese.

Forcemeat.—Meat used for stuffing.

Frangipane.—Confectioners' custard.

Frappé.—Iced.

Fricandeau.—A fillet of veal larded and braised.

Fricandelles.—Very small pieces of game or meat, usually braised.

Fricassée.—White stew.

Fumet.—Flavour or essence of game or fish used to give very rich flavouring to certain dishes.

Galantine.—Boned and stuffed meat or poultry served cold with sauce, or glazed.

Galette.—French roll or bun.

Garniture.—Garnishing.

Gâteau.—Round flat cake.

Gibier.—Game.

Glace.—Ice.

Glacé.—Frozen, iced or glazed.

Glaze.—Stock boiled to a jelly.

Godiveau.—Different kinds of forcemeat.

Hâché.—Cold meat minced or cut into small pieces and warmed in sauce.

Hâtelet.—Silver skewers used for decorating meat or fish dishes.

Hors-d'œuvre.—Appetizers. Very dainty savoury dishes used before the soup.

Jardinière (à la).—Garnish or vegetables.

Jugged (civet).—Brown stew of hare, rabbit or some game.

Julienne (à la).—Garnish of vegetables cut into very fine shreds.

Jus.—Gravy.

Kabobs.—Small pieces of meat fixed on a skewer, braised or curried.

Kromeskis.—Savoury mince of meat, fish, game or poultry, wrapped in bacon, dipped in batter and fried.

Larder or piquer.—To lard, that is to insert small strips of bacon into meat, fish, poultry or game, with a larding needle.

Lardon.—The piece of bacon used for larding.

Liaison.—Mixture of eggs and cream used for thickening white sauces and soups.

Macédoine.—A mixture of fruit or vegetables cut into small pieces or dice. This term sometimes used for various fruits set in jelly in moulds.

***Maître d'Hôtel* (*à la*).**—Hotel dish. This name is often used for a sauce which is served on grills.

Marinade.—A mixture of herbs and oil, wine or vinegar, in which fish or meat is soaked to render it tender and full of flavour.

Marmite.—Stock pot.

Matelote.—A fish stew.

Mayonnaise.—Salad dressing of eggs and oil.

Menu.—Bill of fare.

Meringue.—White of eggs beaten to a very stiff froth and flavoured to taste.

Meringué.—Anything coated with meringue mixture and baked enough to set and slightly colour.

Mirepoix.—Preparation of vegetables, herbs and bacon, used for braising or as a foundation for some soups or sauces.

Miroton.—Small pieces of meat not larger than a crown piece, made into a ragoût.

Mousse.—A light sponge mixture.

Navarin.—Mutton or lamb stewed with turnips.

Nougat.—A mixture of almonds and sugar.

***Nouille* (*noodles*).**—A paste made of flour, water and eggs.

Pailles.—Straws. Potatoes cut into slices about as thick as a straw, and fried.

Panurette.—Preparation of rusks finely grated; usually coral colour.

Panade.—A paste of flour and water or soaked bread.

Paner.—To egg and breadcrumb.

***Papillotes* (*en*).**—Cooked in greased papers.

Paprika.—Hungarian red pepper.

Parmesan.—An Italian cheese.

Pâté.—Pie, pastry or raised pie.

Paupiettes.—Fillets of fish or meats stuffed and rolled.

Pimiento.—Red Spanish pepper-corns.

Piquante.—Sharp, pungent.

Piquer.—To lard.

Poêle.—Veal and bacon broth in which to boil fowls.

Potage.—Soup.

Pot au feu.—Stock pot. A standard French dish.

Pot pourri.—A stew of various meats and spices.

***Poussin* (*petit*).**—Chicken.

Praliné.—Flavoured with burnt almonds.

***Printannière* (*à la*).**—A garnish of spring vegetables.

Profiteroles.—Small balls of pastry, used for garnishing.

Purée.—A pulp of mashed or sieved fruit or vegetables; meat or fish that has been pounded and sieved. Thick soup.

Quenelles.—Forcemeat, or meat, fish, game or poultry, pounded, rubbed through a sieve and formed into balls or any fancy shapes, poached or fried.

Râble.—Hind legs of a hare.

Ragoût.—A rich, highly-seasoned stew.

Ramequin (***ramekin***).—A mixture served in small paper or china cases (either oval or round).

Râper.—Shred, scrape or grate.

Réchauffer.—Re-heat, warm up.

Relevé.—The remove or joint.

Rissoles.—Mixtures of minced fish, meat, poultry or game enclosed in paste, egged and breadcrumbed, and fried.

Rôti.—Roast, or course served just before the entremêts.

Roux.—A preparation of flour and butter used for thickening soups and sauces.

Saignant.—Underdone.

Salmi.—A hash made with game.

Salpicon.—A mince of poultry or game, ham or tongue, mushrooms and some good sauce, used for bouchées, pâtés, croquettes and rissoles.

Sauté.—Dry frying with little fat.

Sippets.—Small slices of toasted or fried bread used as a garnish.

Socle.—A stand made of rice or bread on which to serve poultry, game, meat and so on. Sometimes made of ice or sugar and used for sweet dishes or ices.

Sorbet.—A half frozen ice flavoured with wine.

Soubise.—A smooth onion pulp served with entrées, or a thick onion sauce.

Soufflée.—A very light mixture, either sweet or savoury: puffed.

Stock.—The essence extracted from meat and bones.

Suprême.—A rich white sauce made of chicken or veal stock, to which cream is added.

Tamis (***Tammy***).—Cloth used for straining soups and sauces.

Tartare.—A cold mayonnaise sauce flavoured with gherkin, capers and herbs.

Tartine.—Slice of bread or bread and butter, sandwich.

Timbale.—Cup-shaped mould.

Tournedos.—Small rounds, fillets of beef, served as entrées.

Tourte.—A tart baked in a shallow tin.

Turbans.—Ornamental entrées of forcemeat or fillets of poultry, game or fish.

Tutti Frutti.—Mixed fruits, either fresh or crystallized.

Velouté.—A rich, white, very smooth, velvety sauce.

Vol-au-vent.—Very light puff pastry shapes filled with ragoût of chicken and sweetbread.

Zest.—Rind of the lemon or orange.

Hors-d'Oeuvre or Appetizers

Hors-d'œuvre or appetizers are highly seasoned, savoury tib-bits served either:

(a) in the drawing room before luncheon or dinner, when they generally consist of fruit or shell-fish cocktails or a large platter of different kinds of canapés artistically decorated.

(b) as the first course of a luncheon or dinner such as chilled melon or grapefruit, raw oysters or clams on a bed of cracked ice.

(c) as relishes that remain on the table from the beginning until the end of the salad course, such as olives, radishes, salted nuts, tart jellies, crisp or stuffed celery or pickles of any variety.

Swedish hors-d'œuvre known as ***"Smorgaasbord"*** consist of a large platter of differently shaped canapés of every conceivable variety and are accompanied by thinly sliced buttered bread.
French and ***Italian*** hors d'œuvre are generally served in separate dishes for each variety and are called in Italy ***"antipasti".***

Canapés

Among the best known appetizers or hors-d'œuvre are ***canapés.*** They should be small enough to be taken in the fingers and consist of some highly-seasoned soft mixture spread on toast or some other foundation.
Foundations of canapés consist of thinly-sliced bread, toasted on one side only, tiny rounds of pastry, slices of highly-seasoned sausages, slices of tomatoes or cucumbers, halves of hard-boiled eggs, either on the length or width, (the whites only), tiny cream puff shells, slices of cold cooked potato, tiny pastry or patty cups, slices of tart apples, slices of tongue or ham, either cut into shape or shaped-like horns, mushroom caps (broiled) or slices of hard-boiled eggs.
If bread or pastry is used for the foundations it may be cut into rounds, squares, oblongs, triangles, stars, hollow rings or crescents, the largest dimensions of which should not exceed two inches.

Fillings for Canapés

Caviare

Caviare should always be seasoned to taste with lemon juice and sprinkled with chopped mild onions. It may then be used as a canapé on any of the given foundations.

Celery

Minced with mayonnaise.
Minced with apples and mayonnaise.
Minced with chopped ham and mayonnaise.
Stuffed with Roquefort or cream cheese.
Stuffed with fish or meat pastes.

Cheese

Highly seasoned Welsh Rarebit in pastry cups or on toast (served hot).
Tiny cheese balls rolled in chopped celery.
Cream cheese used as stuffing for steamed prunes.
Mixed with chopped apples for tiny sandwiches.
Mixed with Chile sauce for tiny sandwiches.
Mixed with chopped olives for tiny sandwiches.

Eggs

Hard-boiled eggs chopped with mayonnaise.
Hard-boiled eggs chopped with mayonnaise and celery.
Hard-boiled eggs chopped with tomato jelly or aspic.
Hard-boiled eggs chopped with blanched green peppers and whipped cream.
Hard-boiled eggs chopped with creamed fried mushrooms.
Hard-boiled eggs chopped with mayonnaise and diced bacon.
Hard-boiled eggs chopped with mayonnaise tomatoes and onions.

Mushroom Caps

Broiled and filled with ham or chicken mousse.
Broiled and served on toast spread with lemon butter, chicken or ham mousse.
Cooked in butter and mixed with thick cream sauce on toast.
Cooked in butter and mixed with Madeira sauce on toast.

Olives

Stuffed or plain should be served on cracked ice and left on the table until the salad course.
Olives (plain) rolled in bacon and broiled may be served in the drawing room or as a first course.

Parboiled Oysters

May be covered with chaudfroid sauce and served on a lettuce leaf.

Pastes

Sardines, bloater, lobster, shrimp, ham, tongue, Finnan Haddie, chicken, herring, anchovy or smoked salmon (Lax), all of which may be made by mixing the finely chopped, pounded ingredient with half its volume of creamed butter, thick white sauce or whipped cream. Horseradish cream may be used with discretion (see recipe).

Pâté de foie Gras

Cut into fancy shapes or used as a paste on any foundation or in tiny moulds covered with aspic.

Pickled Oysters

Two cups of parboiled oysters covered for several hours with one-half cup of hot vinegar mixed with three-fourth teaspoons each of mace, cloves and allspice. Pickled oysters should be served like olives.

Raw oysters or Clams

May be served on plates of cracked ice with lemon cup in centre filled with Cocktail sauce.
Raw Oysters may be served in tiny moulds of aspic.

Salted Nuts

Jumbo peanuts, almonds, or pecans glazed with white of egg and browned in the oven should be served in individual bowls placed on the table at the beginning of the meal.

Sardines, Smoked Salmon or Herring

May be dipped in fritter batter and served hot.

Tart Jellies

Particularly cranberry, wild grape or wild plum as well as sweet pickles are served like vegetable relishes.

Tiny French Pancakes

May be filled with Caviare flavoured with lemon juice and onion, then rolled and covered with thick sour cream (hot).

Vegetable Relishes

Such as Chile sauce, pepper hash, or cucumber pickles should be placed directly on the table, ***between*** the guests.

Garnishes for Hors-d'oeuvre

Anchovies

Either rolled or in strips. Herring may be used in the same way if smoked.

Aspic

Diced or beaten with a fork until very light and put on with a pastry tube.

Beets

Cook sliced or chopped beets or cups hollowed out of pickled beets.

Cheese Balls

Either plain or rolled in nut, paprika or chopped parsley.

Cucumbers

Either sliced very thin or chopped or formed into boats or cups. They are sometimes sliced thin down to near the bottom and then opened out like a fan.

Green Peppers

Blanched and cut into fancy shapes or shredded. Sweet red peppers or pimentoes may be used in the same way.

Hard-boiled eggs

In slices on the length or width. Wedge-shaped or chopped, stuffed or cut as water lilies or daisies.

Mayonnaise

Piped on with a pastry tube. It may be called in various ways.

Olives

Sliced, stuffed or chopped.

Onions

Grated or sliced or formed into cups by hollowing out one-half. "Bird's eye" onions are particularly decorative.

Radishes

Cut into rose or tulip shapes and kept in cold water until they open.

Tomatoes

Either sliced or formed into poinsetties, stars or cups.

Equivalent of capacity

(**All measures level full**)

3 teaspoonfuls = ½ fluid ounce =	1 tablespoonful
16 tablespoonfuls = 2 gills = ½ liquid pint = 8 fluid ounces =	1 cupful.
1 liquid pint = 16 fluid ounces =	2 cupfuls

LIQUID MEASURE		DRY MEASURE	
		(For fruits, vegetables, and other dry commodities)	
4 fluid ounces	= 1 gill	2 pints	= 1 quart
4 gills	= 1 pint	8 quarts	= 1 peck
2 pints	= 1 quart.	4 pecks	= 1 bushel
4 quarts	= 1 gallon	105 quarts	= 1 barrel
31½ gallons	= 1 barrel.		
2 barrels	= 1 hogshead		

The pint and quart dry measures are about 16% larger than the pint and quart liquid measures.

Approximate weights of some common dry commodities

	Pounds per bushel
Apples	44 to 50
Beans	60
Beets	50 to 60
Carrots	50
Cranberries	32 to 40
Cucumbers	48 to 50
Onions	50 to 57
Parsnips	42 to 50
Peaches	48 to 50
Peanuts	20 to 25
Pears	45 to 58
Peas (dried)	60
Potatoes (white)	60
Potatoes (sweet)	50 to 56
Tomatoes	50 to 60
Turnips	50 to 60

Ice:	
1 cubic foot	= 57.2 pounds
30 cubic inches	= 1 pound
Sugar, granulated:	
1 cupful	= ½ pound
Butter:	
1 cupful	= ½ pound
Lard:	
1 cupful	= ½ pound
Flour:	
1 cupful	= ¼ pound
Rice:	
1 cupful	= ½ pound
Cornmeal:	
1 cupful	= 5 ounces
Raisins (stemmed):	
1 cupful	= 6 ounces
Currants (cleaned):	
1 cupful	= 6 ounces
Bread crumbs (stale):	
1 cupful	= 2 ounces
Chopped meat (packed):	
1 cupful	= ½ pound

These weights are approximate only and should not be used in trade for determining whether correct measures is given or received.

Soups

1. **Q. *What are the chief varieties of soups?***
   A. (a) ***Clear*** soups, or highly seasoned, ***clarified*** meat stocks, often garnished with cooked vegetables.
   (b) ***Broths,*** or ***unclarified*** meat and vegetable stocks served with the chief ingredients in them.
   (c) ***Purées,*** mashed cooked vegetables, diluted with thin butter sauce in the proportion of 3 cups of sauce to one of mashed vegetable.
   (d) ***Creams,*** like purées, only white sauce is used instead of butter sauce.
   (e) ***Bisques,*** like creams or purees only cooked shredded fish is used instead of mashed vegetables.
   (f) ***Chowders,*** fish stock thickened with milk, crackers and boiled potatoes. Shredded cooked fish and boiled onions are often added for variety.

2. **Q. *In making meat stock for soup, what proportion of water should be used?***
   A. One pound of meat, preferably shank or knuckle, should be cooked for one hour with one quart of water to make ***standard*** soup stock.

3. **Q. *What are the best kinds of meat for stock-making?***
   A. Beef, veal and poultry.

4. **Q. *Why should cold, salted water be used for stock-making?***
   A. Because both ***cold water*** and ***salt*** are extractive and draw out the juices of the meat, whereas ***hot*** water closes up the pores and seals up the juice in the meat.

5. **Q. *How long should soup-stock be cooked?***
   A. To get the best results, the minimum should be, one hour to the pound, but longer cooking could do no harm.

6. **Q. *What is the best for stock-making, tough or tender meat?***
   A. The same cause that makes meat tought makes it juicy, therefore tough meat is more savory then tender meat.

7. **Q. *What do you mean by searing meat?***
   A. To sear meat is to subject it to very intense heat so as to close the pores and thereby seal up the savory juices within.

8. **Q. *Should meat be seared for cooking?***
   A. Good cooks very often sear part of the meat to get a better flavor, but it would be a culinary sin to sear ***all*** the meat used in soup-making.

9. Q. In how many ways may meat be seared?

A. (a) By ***pan-broiling*** on both sides in a very hot, slightly greased frying pan.
(b) By ***cooking*** in a very hot (550 degrees) oven until the meat is browned.

10. Q. How could stock be made from the "left-overs" of a roast of beef or a fowl?

A. They may be used with a small quantity of fresh meat for stock-making.

11. Q. What do you mean by "standard stock"?

A. Standard stock is made by cooking one pound of meat in one quart of water for one hour.

12. Q. What is "consomme"?

A. Consomme is highly seasoned clarified standard stock made with beef and veal or fowl, reduced by simmering to one half its original volume. It should be highly seasoned and may be served either hot or iced. (Jellied).

13. Q. What value has veal in stock-making?

A. Veal or chicken both give body to stock with the result that stock made from them jellies when cold.

14. Q. What are the "soup vegetables"?

A. Carrots, cabbage, tomatoes, celery, onions, leeks and sometimes turnips.

15. Q. How should vegetables be added to stock?

A. Onions and celery are generally added right at the beginning, but the other vegetables should be added just about half an hour before the soup is finished. Some cooks always fry their vegetables in a little butter before adding them to the soup.

16. Q. Why should stock never be allowed to boil violently?

A. Because violent boiling would cause the tissue to disintegrate and therefore spoil the fine flavor and make the stock very hard to clarify.

17. Q. What is the difference between white stock and brown stock?

A. ***Brown*** stock is made chiefly from beef, some of which has been seared, whereas ***white*** stock is made from veal or chicken alone.

18. Q. How may soup or stock be thickened?

A. (a) By a "roux", either white or blond.
(b) By beaten yolks, 2 to a quart of stock.
(c) By 4 tablespoonfuls of pearl of 2 tablespoonfuls of Munite tapioca to a quart of stock.
(d) By arrowroot, 1 teaspoonful to a cup of stock.

19. Q. What is a "roux"?

A. A "roux" is a quantity of butter cooked with an equal amount of flour.

20. Q. How many kinds of "roux" are there?

A. (a) ***White*** "roux", made with ***melted*** butter and flour.

(b) ***Blond*** "roux", made with ***slightly browned*** butter and flour.

(c) ***Brown*** "roux", made with ***browned*** butter and flour.

21. Q. How may the flavor of onion be given to stock?

A. The shredded onion should be cooked in the butter used to make the "roux" or it may be grated into the cooked stock.

22. Q. How may stock be clarified?

A. (a) To every quart of ***cold*** stock, whether jellied or not, add one well beaten egg-white with the crushed shell and simmer until the scum separates from the stock. Let stand for five minutes and then strain through a wet napkin.

(b) Instead of egg white, one pound of chopped raw meat may be used for every quart of stock in the same way as the egg white.

23. Q. On what principle does the white of egg clears stock?

A. Egg white is almost pure albumen and albumen coagulates at 180 degrees, drawing together all the other substances in the stock. Raw meat acts in the same way.

24. Q. What proportion of meat and bone should be used for stock-making?

A. About equal parts of bone and flesh, but any proportion can be used with fairly good results.

25. Q. What parts of beef should be used for soup or stock-making?

A. Any parts, either cooked or raw, except the internal organs, but the parts generally used are the ***shank,*** the ***brisket*** or the ***neck.***

26. Q. Why does soup-stock sometimes sour?

A. Either:

(a) it was allowed to cool with the cover on, or

(b) it was kept in too warm a place.

27. Q. Why should stock not be allowed to cool in a covered pot?

A. Because any liquide containing meat extractives is attacked by bacteria as soon as it falls below 100 degrees Farenheit when covered.

28. Q. When eggs are scarce how may stock be cleared?

A. In most cases, there is enough egg white adhering to three egg shells to clarify a quart of stock.

29. Q. May a ham bone be used in stock-making?

A. It may be used to make dried bean or pea soup, but the smoky flavor makes it unfit for any other stock.

30. Q. Should the stock be stirred while being clarified?

A. By all means as under other conditions, the egg white or raw meat is apt to ahdere to the bottom and give a burnt taste to the finished stock.

31. Q. What kind of pot is best for soup or stock-making?

A. An iron or heavy aluminum pot with a tight-fitting cover is the best, but granite ware may also be use.

32. Q. How should vermicelli, macaroni or spaghetti be added to soup stock?

A. They should be cooked until tender in three times their volume of boiling salted water, then blanched and added to the hot stock.

33. Q. Why should spaghetti, vermicelli or macaroni never be cooked directly in the stock?

A. Because they make the stock pasty or cloudy.

34. Q. How may stock or soup be kept for several days during hot weather when ice is not available?

A. It should be brought to a boil every twenty-four hours. Under such conditions it may be kept indefinitely.

35. Q. How may flour be browned for "roux" or for coloring?

A. It may be baked in the oven until of the desired color or it may simply be cooked in a frying pan on the top of the stove.

36. Q. How may spices be added to stock or soup?

A. Most cooks tie up a teaspoonful of mixed whole pickling spices in a little square of cheese cloth which they let cook with the soup for about an hour.

37. Q. Is it necessary to buy celery to give a celery flavor to soup?

A. No, good cooks always save the leaves of celery used for salads and other purposes, dry them and use them to flavor soups and sauces.

38. Q. Why is it better to strain a pea soup when it is all finished rather than put the cooked peas through a colander before adding them to the soup?

A. Because, it is much simpler and more economical to cook the mashed peas in the stock, thereby dissolving all the pulp and then strain off the skins.

39. Q. Give a method of making an emergency stock?

A. Fry a cupful of diced soup vegetables (carrots, celery, cabbage, onions and turnips) in butter or drippings and then add to 4 cups of water in which 4 beef extract cubs, or 4 teaspoonfuls of beef extract have been dissolved. Season highly to taste and serve with croûtons.

40. Q. To what other uses may stock be put apart from soup-making?

A. (a) It may be used for making sauces and gravies.
(b) It may be clarified and used for making aspics or meat jellies.
(c) It may be boiled down to make meat glaze.

41. Q. How may meat glaze be made from stock?

A. It takes 2 gallons of standard stock to make one cupful of meat glaze. The stock should simply be allowed to simmer until only one cup remains.

42. Q. For what is meat glaze used?

A. As it is a highly concentrated meat essence, it is used largely in making sauces. It is also used to glaze roasts of any description.

43. Q. How should glaze be applied to roasts to give them a shiny surface?

A. It should be brushed ***cold*** over a ***hot*** roast or ***melted*** and brushed over a ***cold*** one.

44. Q. Why is consommé sometimes called "double stock"?

A. Because it is standard stock boiled down to half its original volume or doubled in concentration.

45. Q. How may fat be removed from meat stock?

A. (a) By allowing the stock to cool and lifting off the fat in a solid cake.
(b) By skimming off as much as possible with a spoon and then taking off the rest with a little wads of tissue paper.
(c) By skimming over the surface of the stock with a piece of ice in a napkin.

46. Q. How may beef tea be made for an invalid?

A. Cut the beef into dice and add 1 teaspoonful of water for every pound of meat used. Put the meat in a Mason jar with the cover screwed on and cook in a larger pan of boiling water until the meat seems white from loss of juice. Uncover to cool.

47. Q. What should be done with the fat removed from stock?

A. If no spices have been used, it should be clarified and used with lard for frying. If spices have been used, it should be put into the soap pot.

48. Q. What mistake do many cooks make in cooking oyster soup?

A. They put in the oysters too soon with the result that they are overcooked. They should be added just before the soup is ready to serve so that they may simply be brought to the boil ***once.***

49. Q. Explain the terms: Bouillabaisse, Bortsch, Cock-a-Leekie, Minestrone.

A. ***Bouillabaisse*** is a very popular French soup made with at least three kinds of fish and flavored with garlic, tomatoes and onions and colored with saffron.

Bortsch is a Russian soup made from beets, cream, meat stock and an acid, either lemon juice or tartaric acid.

Cock-a-Leekie is the national Scotch soup made from stock, leeks and rice.

Minestrone is the national Italian soup and consists of a highly flavored meat stock with several kinds of vegetables and savory herbs. (See recipes).

50. Q. What should be served with soup?

A. Tiny rolls, hot biscuits, water wafers, cheese straws, croûtons or finger sandwiches.

51. Q. What soup should be served at a formal dinner?

A. Nothing but highly seasoned clear soups should be served at formal dinner. All other soups may be served at luncheons or family dinners.

52. Q. When should bouillon cups be used?

A. Until recently, bouillon cups never appeared on a dinner table, but were used extensively at luncheon and for receptions, but there is now a tendency to use them for dinner as well.

53. Q. Explain the terms: Parmentier, St. Germain, Soubise and Velouté.

A. ***Parmentier*** is the name that is applied to all sauces or soups made with cooked potatoes and white sauce.

St. Germain is the name given to soups and sauces in which green peas are used as a foundation.

Soubise designates any sauce or soup made with boiled onions and white sauce.

Velouté is the name given to soups or sauces made of cream thickened with yolks and seasoned with onions.

54. Q. What is "petite marmite"?

A. "Petite marmite" is a clear highly seasoned stock served in earthenware pots and garnished with onions and croûtons.

55. Q. What are croûtons?*

A. Croûtons are dice cut from buttered bread and browned in the oven until very crisp. The bread should be buttered on both sides.

56. Q. What is "Melba" or "Fairy toast"?

A. Melba or fairy toast is nothing but very thin slices of bread dried in the oven until very crisp and brown.

57. Q. How should croûtons be served?

A. They may be put into the soup plates just before the soup is served or they may be passed in a bowl after the soup is served.

58. Q. How should soup be eaten?

A. It sould be sipped ***noiselessly*** from the side of the spoon, never from the tip.

59. Q. Is it polite to refuse soup?

A. Even though one never eats soup, one should never refuse it.

60. Q. When should one begin to eat one's soup?

A. As soon as the hostess is served.

*Croûtons may also be made by frying diced bread.

Soup Recipes

Any Cream Soup

3 cups ***thin*** white sauce (No. 1) flavored with onion
1 cup cooked mashed vegetable
Salt and tabasco to taste.

Any Purée

3 cups ***thin*** butter sauce (No. 1)* flavored with onion
1 cup cooked mashed vegetable

Brown Stock

4 lbs. beef (meat and bones)
1 large onion
1 tablespoonful salt
½ cup celery leaves
½ cup chopped carrots
½ cup turnips
1 teaspoonful mixed pickling spices in muslin bag

METHOD:

(a) Brown about one-third the meat in a little suet with the sliced onion and then put in stock pot with water and salt.

(b) Let simmer for three hours, then add other vegetables and cook for another hour. Strain and clarify.

Combination Stock

3 lbs. knuckle of veal
½ cup each of celery leaves, carrots, turnips and onion
3 lbs. beef shank
2 tablespoonfuls chopped parsley

METHOD:

Make like brown stock.

Fish Stock

Head and tail of 4-lb. fish
½ onion
2 tablespoonfuls vinegar
½ teaspoonful mixed pickling spices
4 tablespoonfuls chopped carrots
2 lbs. sliced raw fish
6 cups cold water
1 tablespoonful salt

METHOD:

Cook all the ingredients until fish is very tender. Strain.

Vegetable Stock

2 tablespoonfuls fat
2 cups diced celery
½ cup sliced onions
½ teaspoonful sugar
½ cup sliced turnips
4 cups boiling water
2 cups sliced tomatoes
½ cup sliced carrots
2 tablespoonfuls flour
2 tablespoonfuls salt or more to taste

METHOD:

Cook onion in fat until tender, then add the other vegetables except the potatoes, to the water. When vegetables are tender, add the potatoes and cook 10 minutes longer. Put through strainer and season highly, or serve with vegetables in it.

*Sauce in which water rather than milk is used.

White Stock

4 lbs. knuckle of veal
1 onion
1 teaspoonful mixed pickling spices in a muslin bag
4 quarts cold water
1 cup celery leaves or diced celery
Salt and tabasco to taste

METHOD:

Put all the ingredients, except the spices, into the cold water and simmer for four hours. Let spices cook about an hour in stock.

Fowl may be used instead of veal to make white stock.

Varieties of Clear Soup or Consomme

African

Add 4 tablespoonfuls each of cooked eggplant and artichoke bottoms to 1 quart of clear soup and flavor with curry to taste.

Almond

Add 1 tablespoonful shredded, grilled almonds for every quart of clear soup, highly seasoned.

Celery

Add 1 cup cooked, sliced celery to every quart of clear highly-seasoned soup.

Chiffonnade

Add 4 tablespoonfuls each of shredded raw celery, cooked tongue and cooked rice to every part of clear soup.

Egg

Add 1 well-beaten yolk mixed with 1 teaspoonful butter to every cup of clear, highly seasoned soup.

English

Add 4 tablespoonfuls each of cooked beef, ham, veal or chicken with 4 tablespoonfuls peas to 1 quart of highly-seasoned clear soup.

Italian

Add 4 tablespoonfuls ***cooked*** vermicelli, spaghetti or macaroni to every quart of highly-seasoned clear soup.

Parisian

Add 4 tablespoonfuls each of sliced stuffed olives and sliced fried mushrooms to every quart of clear soup.

Royal

Add ½ cup Royal custard in fancy shapes made with tomato juice, spinach or stock to 4 cups clear soup. (See recipes).

Springtime

½ cup each peas and diced boiled carrots to every quarts of clear soups.

Varieties of Cream Soup

Crecy

Add 1 cup mashed boiled carrots to 3 cups white sauce (No. 1) highly seasoned and flavored with onion.

Corn

Add 1 cup canned corn put through the chopper to 3 cups of highly-seasoned white sauce No. 1.

Mushroom

Add 1 cup of chopped mushrooms fried in butter for 10 minutes to 3 cups highly-seasoned white sauce No. 1. A little orange juice to flavor is a good addition.

Parmentière

Add ½ cup of mashed potatoes to 3 cups highly-seasoned white sauce flavored with onion and pour over the beaten yolks of 2 eggs. It may be served without the eggs, but is not so rich. Sprinkle with chopped parsley before serving.

Salsify (Mock Oyster)

Cook 1 cup of diced salsify with 2 tablespoonfuls salt shredded codfish, then add to 3 cups highly-seasoned white sauce No. 1. Strain and serve or serve without straining.

Soubise

Add 1 cup cooked, shredded onion to 3 cups of white sauce No. 1 and pour over the well-beaten yolks of 2 eggs. Cook until it thickens slightly. Sprinkle with nutmeg and serve with croûtons.

St. Germain

Add 2 cups mashed peas to 3 cups of white sauce No. 1 flavored with onion. Strain just before serving and sprinkle with chopped mint. A little sugar is a good addition.

Tomato

Add 2 cups stewed or canned tomatoes, 1 tablespoonful onion fried in 2 teaspoonfuls butter, ½ teaspoonful mixed pickling spices in muslin bag to 3 cups white sauce No. 1. Strain just before serving and add 1 tablespoonful sugar with salt and tabasco to taste.

Special Soup Recipes

Bortsch (Russian)

4 cups beef stock
1 cup chopped onions
4 tablespoonfuls sour cream or 4 drops tartaric acid
1 cup chopped or sliced raw beets
1 cup raw chopped cabbage
2 teaspoonfuls sugar

METHOD:

(a) Cook the vegetables with stock until tender.
(b) Add all other ingredients and season to taste with salt and tabasco.

Bouillabaisse

½ lb. each of three different varieties of fish
4 cups of fish stock
1 clove of garlic
4 tablespoonfuls butter
1 cup thick tomato purée
1 tablespoonful chopped parsley
4 tablespoonfuls red wine (not necessary)

METHOD:

(a) Cook the vegetables in the butter until slightly browned and then add to the stock with the fish and cook until the fish is tender.
(b) Completely cover the bottom of a dish with toasted buttered bread and pour the fish soup over it. Season highly to taste.

In France, a little saffron is always added to bouillabaisse, just enough to color it.

Chicken Gumbo Soup

4 cups chicken stock
½ cup cooked corn
1 cup of stewed or canned tomatoes
6 tablespoonfuls cooked rice.
2 cups fresh or canned okra or gumbo
1 cup of diced cooked chicken
2 tablespoonfuls diced cooked ham

METHOD:

(a) Cook the vegetables in the stock until tender, then add the chicken.
(b) Just before serving, put a tablespoonful of rice in every soup and pour the soup over it. Some cooks cook the diced ham with a tablespoonful of butter and one of onion; others add it to the soup with the chicken.

Cock-A-Leekie (Scotch)

1 cup diced cooked chicken
4 tablespoonfuls diced turnip
2 tablespoonfuls bacon fat or butter
1 tablespoonful thick cream
1 tablespoonful cornstarch
1 cup shredded leeks
1 egg yolk
4 tablespoonfuls each of chopped carrots and onions
4 cups white stock

METHOD:

(a) Cook the vegetables in butter until slightly browned and then add to stock with chicken.
(b) Add the cornstarch to the cream and mix with the beaten yolk.
(c) Combine the two mixtures and let simmer for 20 minutes before serving.

French Canadian Pea Soup

½ lb. salt pork or a ham bone
1 cup split peas (dried)
2 tablespoonfuls bacon or pork fat
2 tablespoonfuls flour
4 tablespoonfuls blanched corn (samp)
The samp and chives may be omitted.
6 cups water or beef stock
2 tablespoonfuls chopped onion
1 teaspoonful of chopped chives
1 teaspoonful chopped parsley

METHOD:

(a) Cook the peas that have been soaked overnight in the stock or fresh water with the salt pork until tender.

(b) Cook the onion in the fat and add the flour, then stir into the soup.

(c) Let soup simmer for half an hour and season to taste with salt and tabasco.

Minestrone (Italian)

4 tablespoonfuls each chopped carrots, turnips, celery and onions
3 cups beef stock
4 tablespoonfuls dried peas
2 tablespoonfuls ham or bacon fat
4 tablespoonfuls tomato purée
4 tablespoonfuls cooked macaroni or spaghetti
2 or 3 tablespoonfuls grated cheese

METHOD:

(a) Cook all the vegetables except the tomatoes in the fat until slightly browned.

(b) Add the peas which should have been soaked overnight, with the tomatoes and simmer until the peas are tender.

(c) Add the macaroni or spaghetti and season to taste with salt and tabasco.

(d) Sprinkle the soup with cheese just before serving it. A little chervil or savory herbs are often added with the vegetables.

Mock Turtle Soup

1 well-cleaned calf's head
2 tablespoonfuls chopped onion
1 tablespoonful bacon fat or butter
1 egg
2 diced hard-boiled eggs
½ teaspoonful nutmeg
½ cup of sherry (non-alcoholic)
1 cup thick stewed tomatoes
2 tablespoonfuls flour
4 tablespoonfuls milk
½ thinly sliced lemon
1 tablespoonful Worcestershire sauce
1 teaspoonful dry mustard
Salt and tabasco to taste

METHOD:

(a) Cook the calf's head in enough water to cover until the meat falls off easily. Remove bones from stock.

(b) Cook the vegetables in butter or fat until slightly browned and then sprinkle with flour and add to the stock. Add the beaten egg to the milk and stir into the soup with the other ingredients. Season to taste.

Petite marmite (Hungarian)

1 cup thinly-sliced onions
1 tablespoonful of flour
Croutons
2 tablespoonfuls bacon fat or butter
4 cups beef stock

METHOD:

Cook the onion in the fat or butter until well browned add the flour and stir into the stock. Season highly to taste with salt and tabasco. Serve in earthenware individual pots with a piece of buttered toast fit to cover the bottom.

Petite Marmite (Parisian)

4 cups consomme
1 leek, diced
1 onion stock with 2 cloves
Salt and tabasco to taste.
4 tablespoonfuls chopped carrots
½ small chopped cabbage
1 cup of roast diced chicken

METHOD:

Cook the vegetables in the consommé, then add chopped chicken and season highly. Serve like Petite Marmite (Hungarian).

Fish

1. Q. What are the two great varieties of fish?

A. (a) ***Fat fish*** or fish with the oil distributed throughout the flesh as mackerel and salmon.

(b) ***Lean fish*** or fish in which all the fat or oil is contained in the liver like cod or white fish.

2. Q. What are the chief ways of cooking fish?

A. Boiling, steaming, baking, frying, broiling, pickling.

3. Q. What are the chief kinds of fat or oily fish?

A. Salmon, eels, mackerel, bluefish, shad, swordfish and herring are the best known.

4. Q. How can the freshness of fish be determined?

A. The flesh should be firm and the gills and eyes bright.

5. Q. Why should fish never be put into a refrigerator unless in a tightly covered pail or dish?

A. Because of the strong odor it would give the other food-stuffs.

6. Q. How should frozen fish be thawed?

A. It should be allowed to stand in cold water until thawed and then removed at once as longer soaking makes the flesh flabby.

7. Q. How should lobsters be bought?

A. When possible they should be bought while still alive. There are two indications that a cooked lobster was alive when it was put into the boiling water:—

(a) If the tail springs back when opened out and

(b) If the lobster is heavy in proportion to its size.

8. Q. How should a lobster be killed for broiling?

A. A sharp knife should sever the spinal cod between the head and the shell.

9. Q. What parts of the lobster should not be eaten?

A. (a) The lungs just inside the shell.

(b) The "lady" or stomach.

(c) The intestinal vein.

10. Q. What is the difference between "hard-shell" and "soft-shell" crabs?

A. Soft-shell crabs are crabs that have lately shed their shells with the result that the new covering has not yet hardened. They are considered great delicacies.

11. Q. Should fish ever be served with the head and tail?

A. The heads and tails are always left on small fish sush as smelts and brook trout as well as for fish that are to be stuffed and baked.

12. Q. How may a fish be boned?

A. It should be opened down the front with a sharp knife and then thoroughly cleaned. It should then be flattened out, and the spine removed by carefully prying out the bones with a knife.

13. Q. What are "fillets" of fish?

A. When a fish has been boned and cut into pieces, the pieces are called "fillets".

14. Q. What is "Finnan Haddie"?

A. "Finnan Haddie" is dried, smoked and salted haddock.

15. Q. What precautions should always be taken in cooking eels?

A. They always be cooked in at least two waters so as to remove the oily taste after which they may be cooked in any way desired.

16. Q. What is "court bouillon"?

A. It is the liquid in which fish has been cooked and generally contains mixed pickling spices with carrots, onions and celery and a little lemon juice or vinegar.

17. Q. How should fish be boiled?

A. The simplest way is to wrap the fish in a piece of cheese cloth and put it into a kettle of boiling water to which 2 tablespoonfuls each of carrot, onion and celery have been added with 1 tablespoonful vinegar and 1 tablespoonful butter with ½ teasponoful of mixed pickling spices for every quart of water used. Cook until fish leaves the bone. If the fish is placed in a strainer above the water, it will be steamed, instead of boiled.

18. Q. What advantage has steaming over boiling in cooking fish?

A. Many people consider the flavor of steamed fish better than that of boiled fish.

19. Q. Why is vinegar or lemon juice added to the water in which fish is cooked?

A. (a) It makes the fish whiter.
(b) It gives a finer flavor.

20. Q. What is the approximate time for boiling fish?

A. About ten minutes to the pound, depending on the thickness of the fish.

21. Q. How should fish be broiled?

A. Only small fish, or fish that may be opened out can be broiled. Put well-dried seasoned fish on hissing hot broiler and cook over or under flame until flesh leaves the bone when pierced with a fork. The inside of a fish should always be broiled first and the fish then turned and broiled on the skin side. Care must be taken not to burn the fish. When the fish is done, it should be carefully loosened from the broiler and slipped on to a hot platter.*

22. Q. How should a fish be baked?

A. Either stuffed whole fish, or fillets may be baked in the oven. Many cooks put a piece of cotton in the bottom of their baking pan so that the fish may be removed without breaking it, but a false, perforated bottom of sheet tin is even better.
Rub the preapred fish with flour and if not a fat fish, sprinkle well with vegetable oil or dot with butter. Put into 375-degree oven until it begins to color and then lower temperature to 350 degrees until the meat leaves the bones easily. It should be seasoned when about half cooked. Some cooks bake fish wrapped in flaky or puff pastry.

23. Q. How should a fish be stuffed?

A. See "Forcemeats".

24. Q. How may fish be fried?

A. (a) The cleaned, dried fillet or small fish may be dipped into seasoned milk and then into equal parts of flour and fine bread crumbs and cooked in deep fat at 375 degrees.

(b) It may be dipped into a fritter batter and fried in deep fat at 375 degrees.

(c) It may be dipped into seasoned milk, then in equal parts of flour and bread crumbs and placed in a buttered baking dish. When sprinkled generously with vegetable oil or melted butter it may be baked in oven until tender and well-colored. (350 degrees) This method is called "oven frying" and is much used in modern cooking.

(d) Corn meal may be substituted for the flour and fine crumbs in (a).

25. Q. What is the difference between "pan-frying" and "deep-frying?

A. In ***"deep-frying"***, there must be enough fat to cover the entire fish; in ***"pan-frying"***, only one side need be covered at a time, the fish being truned from one side to the other.

26. Q. How is the acid or vinegar sometimes replaced in boiling fish?

A. Some cooks use the same quantity of white wine with excellent results.

*Fish may be finished in the oven once it is browned.

27. Q. What is "kippered" fish?

A. "Kippered" fish is nothing but salted fish.

28. Q. How should kippered or salted fish be cooked?

A. It should be soaked in cold water. If freshly cured, an hour or two will suffice, but most commercial salt-fish requires twenty-four hours' soaking. When freshened, it should be cooked like fresh fish.

29. Q. What are the most usual ways of cooking "Finnan Haddie"?

A. If ***mild cured,*** it should be soaked in warm water or milk for 20 minutes when it may be creamed, scallopped or broiled.

30. Q. What do you mean by "mild cured"?

A. Only slightly salted.

31. Q. What vegetable is often cooked with creamed "Finnan Haddie?"

A. Chopped green peppers cooked in butter give a delightful flavor to creamed or scallopped "Finnan Haddie".

32. Q. What are "scallops"?

A. They are the muscles removed from certain shell-fish and are generally fried like oysters.

33. Q. How should oysters be fried?

A. They should be freed from bits of shell and then rolled in flour to dry them, after which:

(a) They may be dipped in an egg mixed with 1 tablespoonful milk or water and then rolled in equal parts of seasoned bread crumbs and flour and fried in deep fat or pan-fried in butter.

(c) They may be dipped into fritter batter and fried in hot fat.

(d) They may be dipped in mayonnaise and then into equal parts of flour and fine crumbs, either bread or cracker and fried in hot fat (375 degrees). Some cooks mix grated cheese with the bread crumbs used for frying oysters.

34. Q. Mention five ways of cooking lobster?

A. (a) Boiled and served with Newberg sauce.
(b) Broiled and served with butter sauce.
(c) Baked in shell and served with melted butter.
(d) Creamed in patty shells.
(e) Boiled and served with mayonnaise as a salad.

35. Q. Mention five ways of cooking oysters.

A. (a) Creamed in patty shells.
(b) Wrapped in bacon and broiled.
(c) Scallopped in shells.
(d) Broiled and served on toast with butter sauce.
*(e) Parboiled and served with as much chopped celery mixed with mayonnaise.

36. Q. Mention ten ways of serving "left over" boiled or baked fish.

A. (a) ***Creamed,*** in half as much white sauce No. 2 as fish.
(b) ***Scallopped,*** alternate layers of shredded, cooked fish and white sauce in baking dish.
(c) ***Kedgeree,*** a mixture of equal parts of cooked rice and flaked cooked fish fried in butter then mixed with chopped hard-boiled eggs.
(d) ***Fish pie,*** creamed fish cooked in pastry.
(e) ***Croquettes,*** (see "Entrees").
(f) ***Soufflée*** or ***Puff,*** (see "entrees").
(g) ***Hot Mousse,*** (see "Entrees").
(h) ***Cold Mousse,*** (see "Entrees").
(i) ***Au gratin,*** scallopped with cheese sauce.
(j) ***Fritters,*** (see "Entrees").

37. Q. What is pickled or soused fish?

A. Pickled fish is cooked fish that has been cooked and soaked and let stand for several hours or even longer in 1 quart of fish stock mixed with 1 cup of vinegar.

38. Q. What is "chowder"?

A. It is a thick stew made of salt pork, fresh fish, onions, potatoes and crackers. Cod or haddock is the fish generally used.

39. Q. Give a good recipe for "cod-fish balls".

A. Mix 1 cup shredded salt cod-fish with 2 heaping cupfuls of mashed potatoes, 2 teaspoonfuls butter and one beaten egg. Season to taste with salt and tabasco. Form into balls and fry in butter, bacon fat or drippings.

40. Q. How long should lobster be boiled in the shell?

A. Drop lobster into boiling salted water and let boil rapidly for fives minutes, then let simmer for half an hour. Longer cooking will make the meat too tough. Plunge immediately into cold water.

41. Q. What size lobster should one buy to get a pound or 2 cups of lobster meat?

A. A lobster weighing from 2½ to 3 pounds will generally furnish 2 cups of diced meat.

*To "parboil" is to boil until almost done.

42. Q. How should snails or escargots be cooked?

A. They should be soaked for half an hour in salt water and then well scrubbed. They may then be stuffed with bread crumbs and savory herbs mixed with a little butter and seasoned to taste. The shells should then be baked for at least half an hour in a 350-degree oven. Some cooks crack the shells before baking.

43. Q. Should oysters be washed before cooking?

A. Never, as washing would spoil the flavor. The liquor may be strained to remove sand or bits of shell.

44. Q. During what months should oysters be avoided?

A. During all the months not containing "R" as the bivalves are then spawning.

45. Q. Name five sauces that are excellent with fish.

A. Hollandaise, Tartar, Windsor, Butter, Newberg.

46. Q. Give proportions for Kedgeree.

A. 1 cup cooked rice, 4 diced, hard-boiled eggs, 1 cup flaked, cooked fish, ½ cup butter or bacon fat, salt and Tabasco to taste. (See directions page 28).

Entrees

1. Q. What is an "entree"?

A. An "entree" is a dish that is served between the main courses of a formal dinner or luncheon.

2. Q. How many entrees should be served at the same meal?

A. Modern usage requires not less than one nor more than three.

3. Q. What are the two great classes of entrees?

A. (a) ***Hot*** entrees.
(b) ***Cold*** entrees.

4. Q. Which should be served first, a hot or a cold entree?

A. A hot entree should always go before a cold one.

5. Q. When should the first entree be served?

A. Between the soup and the main course.

6. Q. What name is given to the course that precedes the soup at a formal dinner or luncheon?

A. It is known as a "hors-d'œuvre". (See recipes).

7. Q. What are the chief hot entrees?

A. (a) Creamed cooked, diced fish, vegetables or meat served in:
(a) ramekins, (individual china dishes);
(b) croustades, hollowed out bread cubes, buttered and browned in the oven;
(c) patty shells, cups made of pastry;
(d) scallop shells, either natural or china shell shapes;
(e) hollowed out vegetables, such as onions, tomatoes and peppers;
(f) timbale cases, batter cooked over special irons.

(b) ***Stuffed vegetables,*** hollowed out vegetables filled with savory forcemeat highly seasoned and baked in the oven.

(c) ***Soufflées,*** finely chopped cooked fish, vegetables or meat mixed with a thick sauce and cooked with eggs until very light. (See recipes).

(d) ***Mousses,*** finely chopped, cooked, highly seasoned fish or meat mixed with white egg and whipped cream and poached in hot water.

(e) ***Timbales,*** diced, cooked fish or meat mixed with egg, milk and bread crumbs and baked like a custard in a buttered mould.

(f) ***Quenelles,*** finely chopped meat or fish mixed with cream and white of egg, formed into balls and poached in hot stock. Served on toast with a rich savory sauce.

(g) ***Rissoles,*** highly seasoned, chopped cooked meat or fish baked between thin rounds of flaky pastry.

(h) ***Raviolis,*** highly seasoned cooked, chopped meat mixed generally with egg and spinach enclosed between thin rounds of noodle paste, then poached in boiling stock.

(i) ***Canapes,*** rounds of bread toasted on one side and covered with any savory mixture of diced or chopped cooked meat or fish. They are generally masked with a rich sauce.

(j) ***Fritters.*** (See recipes for different formulas).

8. Q. What are the chief cold entrees?

A. Although many of the above mentioned entrees may be served cold as well as hot, the principal ***cold*** entrees, properly speaking are:—

(a) ***Aspics,*** highly seasoned meat jellies.

(b) ***Chaudfroids,*** cold meat or fish covered with a thick sauce and then glazed with aspic.

(d) ***Salads,*** fish, meat or vegetables dressed with some form of mayonnaise or French dressing.

(e) ***Mousses,*** a mixture of finely chopped, highly seasoned meat or fish with whipped cream and gelatine.

9. Q. For what other purposes may entrees often be used?

A. For super dishes. Many that would be entrees at a formal dinner may be used as main dishes at a luncheon.

10. Q. What are the chief varieties of fritters?

A. (a) ***Plain fritters,*** or portions of cooked vegetable, meat or fish that have been dipped into batter and fried in hot fat.

(b) ***Queen fritters,*** or eclair paste dropped by spoonfuls into hot fat and cooked until well puffed. They are filled with jam and are sometimes called ***"balloon fritters".***

(e) ***Sponge fritters,*** fritters made of slightly sweetened bread dough fried when light in hot fat until well browned.

11. Q. What are vol-au-vent?

A. They are large pastry cases made of French or puff pastry, or of brioche dough.

12. Q. When may cutlets or chops be used as entrees?

A. When they are served with a rich savory sauce.

13. Q. Mention six entrees that could be made from loobster.

A. Hot lobster mousse,
Lobster with Newberg sauce,
Lobster soufflé,
Cold lobster mousse,
Lobster salad,
Lobster croquettes.

14. Q. Mention six ways of using sweetbreads in entrees?

A. (a) Sweetbread mousse, hot or cold.
(b) Wrapped in bacon and broiled.
(c) Creamed sweetbreads in croustades.
(d) Sweetbread patties.
(e) Sweetbread canapés.
(f) Sweetbreads with King sauce in shells.

15. Q. What is the difference between "patty cases" and "bouchées"?

A. Bouchées are very much smaller than patty cases.

16. Q. How may mushrooms be used to make entrees?

A. (a) Creamed and baked on toast under a glass bell.
(b) Fried in butter and mixed with brown sauce, then served in patty cases or vol-au-vents.
(c) Fried in butter and then baked in cream in ramekins or scallop shells.
(d) Fried in butter and served as canapes on buttered toast.
(e) Fried then used with cream sauce to fill timbale cases.

17. Q. What forcemeat should be used to fill stuffed vegetables?

A. A forcemeat made of bread, chopped cooked meat, and vegetable pulp in about the same proportions mixed with butter in which onion and savory herbs have been cooked. It should be highly seasoned.

18. Q. What vegetables when simply boiled and served with a rich sauce make excellent entrees?

A. Asparagus, cauliflowers and globe or French artichokes.

19. Q. Why should the bottoms of timbale moulds and mousses be lined with butter paper slightly smaller than the bottom of the mould?

A. So that the paper may fall out with the mousse and removed in such away that it leaves the bottom of the mousse smooth.

20. Q. How should a mould be prepared for an aspic or any other jelly?

A. If the mould is a plain one, it may be simply rinsed with cold water before pouring in the liquid aspic, but if the mould is a fancy one, it is better to brush over the inside with olive oil.

21. Q. Why should an aspic never be unmouled until just before serving time?

A. Before it begins to lose its lustre as soon as unmoulded.

22. Q. Why do some cooks prefer leaf gelatine to granulated gelatine?

A. Because leaf gelatine gives more lustre to the finished aspic.

23. Q. Mention the principal entrees that can be made from "pâté de foie fras"?

A. Cold mousse, Aspic, Chaudfroid.

24. Q. What are "Scotch eggs"?

A. Hard-boiled egg rolled in croquette mixture of ham (1 cup chopped cooked ham mixed with ⅓ cup thick sauce), then dipped into an egg beaten with 1 tablespoonful milk and rolled in equal parts of flour and fine bread crumbs, and fried in hot fat at 390 degress.

25. Q. Mention four entrees that may be made from eggs.

A. (a) Stuffed eggs in aspic.
(b) Hard-boiled eggs with King sauce in patty shells or on canapes.
(c) Scotch eggs.
(d) Omelets of any kind.

26. Q. Give three formulas for fritter batter.

A. (1) 1¼ cups flour, 2 teaspoonfuls baking powder, 1 beaten egg, ⅔ cup milk, ¼ teaspoonful salt, or
(2) 1 cup flour, ⅔ cup water, 2 tablespoonfuls vegetable oil, 1 beaten egg white, ¼ teaspoonful salt, or
(3) 1 cup flour, 1 slightly beaten egg, 1 teaspoonful baking powder, ⅝ cup milk, ⅛ teaspoonful salt.

Mix liquid and beat into dry ingredients.



1—TOMATO SALAD WITH MAYONNAISE (page 142, No. 21 (c))
2—JEWEL SALAD (page 144) 3—CLARIDGE SALAD (psge 144)
4— FRUIT SALAD, STUFFED WITH CHOPPED CELEREY AND NUTS (page 138)
5—BIRD'S NEST SALAD (page 140, No. 16 (a))

Recipes for Entrees

Any Chaudfroid Sauce

1 tablespoonful gelatine dissolved in 2 tablespoonfuls cold water for 5 minutes
1 cup sauce No. 2, either white, brown or tomato

METHOD:

(a) Add dissolved gelatine to hot sauce and stir until completely melted.
(b) Pour over chilled meat or fish when just on the point of setting.

Any Croquettes

1 cup finely chopped cooked meat or fish
⅓ cup thick sauce, No. 3, either white, brown or tomato
1 teaspoonful onion
1 egg
Fine bread crumbs and flour
Seasoning to taste.

METHOD:

(a) Mix highly seasoned sauce with meat, or fish, and let chill.
(b) Mould into balls, cylinders, pyramids or cones and dip into well-beaten egg mixed with 1 tablespoonful milk or water.
(c) Roll in equal parts of fine bread crumbs and flour and fry in hot fat at 390°. When well colored, drain on brown paper.

Varieties:

Chicken,	Lobster,	Veal,
Ham,	Salmon,	Lamb,
Beef,	Halibut,	Egg, (hard-boiled).

Any Mousse (cold)

1 cup finely chopped cooked meat or fish
1 cup whipping cream
1 tablespoonful gelatine (generous)
1 cup white stock or milk
1 tablespoonful sherry (not necessary)

METHOD:

(a) Dissolve gelatine in 2 tablespoonfuls cold stock for 5 minutes and then melt in hot stock and mix with meat or fish purée.
(b) When cold, and just on the point of setting, fold into the stiffly whipped cream and put in mould in a cool place until set. Some cooks add 3 beaten yolks to the stock or milk.

Any Mousse (hot)

½ cup **raw** finely chopped meat, preferably chicken, veal
¾ cup finely chopped **cooked** white meat
2 egg whites
1 cup whipping cream
1 tablespoonful sherry

METHOD:

(a) Mix finely chopped raw meat with 1 unbeaten white of egg and half cup of whipping cream and pound in mortar.

(b) Mix prepared cooked meat with ½ cup cream whipped until stiff and the beaten white of an egg.
(c) Combine the two mixtures and season highly with sherry, salt and tabasco.
(d) Pour into mould and poach until firm in centre at 350°.

Varieties:

Chicken,	Veal,	Ham,
Sweetbread,	Lobster,	Lamb,
Salmon,	Crab,	Mushrooms.

Any Quenelles

½ cup fine stale bread crumbs
2 tablespoonfuls butter
⅔ cup raw finely chopped meat (preferably white)
½ cup milk
1 egg white
Pinch of nutmeg.

METHOD:

(a) Cook bread crumbs and milk to a paste and add butter, with stiffly beaten white of egg.
(b) Add cooked meat, pounded and put through food chopper three times.
(c) Form into balls and poach in hot stock. Serve on toast with a savory sauce, or use as garnish for soup.

Varieties:

Chicken,	Veal,	Ham,
Salmon,	Halibut,	Lobster,
Oyster,	Clam,	Lamb.

Any Raviolis

Noodle paste (see "Recipes")
4 tablespoonfuls cooked spinach
1 egg
½ cup grated strong cheese
4 tablespoonfuls cracker crumbs

METHOD:

(a) Roll out noodle paste to paper-like thickness and cut into 2-inch rounds.
(b) Mix spinach with egg and cheese and season highly, then put 1 scant teaspoonful of mixture on round of paste and cover with another round, moistening the edges and pinching well together.
(d) Poach in white stock for 10 minutes and then put in baking dish, sprinkle with grated Parmesan or any strong cheese and mask with Creole or Spanish sauce.

Any Rissoles

Flaky pastry (see "Recipes")
Any croquette mixture

METHOD:

(a) Roll out pastry to the thickness of a silver quarter and cut into 2 or 3-inch rounds.
(b) Put a tablespoonful of highly seasoned meat or fish prepared as for croquettes into centre. Moisten edges and fry in deep fat.

(c) Cover with another round of pastry and pinch edges well together.

(d) Cook in hot fat at 380° until well colored. Drain on brown paper.

Any Soufflée

*1 cup thick sauce (No. 3)
1 cup finely chopped meat or fish
3 eggs
Salt and tabasco

METHOD:

(a) Add prepared meat or fish to thich sauce and beat in yolks.

(b) When cool, fold in the stiffly beaten whites of eggs and pour into a soufflée dish.

(c) Bake in a 350° oven for an hour or in a larger dish of boiling water in a 375° oven for 35 to 40 minutes. It should be served immediately as it will soon fall.

Any Timbales

1 cup finely chopped cooked meat or fish
1 cup milk
1 whole egg or 2 yolks
4 tablespoonfuls bread crumbs
½ teaspoonful onion juice
Salt and tabasco to taste

METHOD:

(a) Mix prepared meat or fish with beaten egg, milk and bread crumbs. Add onion juice and season to taste.

(b) Pour into buttered moulds the bottoms of which have been lined with buttered paper, slightly smaller than the bottom itself.

(c) Set the moulds in a pan and surround with boiling water. Cook in oven until firm in the centre. Unmould. They are generally masked with a savory sauce when used as an entree.

Aspic

2 tablespoonfuls each carrot, onion and celery
2½ tablespoonfuls granulated gelatine
1 quart of either white or brwon stock, according to taste
½ teaspoonful mixed pickling spices in cheese cloth bag
2 egg whites
⅔ cup white stock or water
Juice of lemon.

METHOD:

(a) Cook vegetables in smaller quantity of white stock or water for 20 minutes.

(b) Strain off liquid from vegetables and add to gelatine, dissolved for 5 minutes in ½ cup cold water. When gelatine is thoroughly melted, mix with white or brown stock and bring to a boil, after having added the slightly beaten whites of eggs and lemon juice. Let stand on back of range for about half an hour, then strain through a wet napkin and season highly with salt and tabasco.

*Any liquid may be used to make sauce.

Emergency Aspic

4 cups boiling water cooked for 20 minutes with 1 cup of mixed onion, carrots and celery
4 bouillon cubes or 4 tablespoonfuls of beef extract
Juice of lemon
Salt and tabasco to taste
2½ tablespoonfuls gelatine dissolved in ½ cup cold water for 5 minutes

METHOD:

(a) Cook vegetables as indicated, then add bouillon cubes or beef extract to water and bring to boiling point.

(b) Add gelatine dissolved in cold water for 5 minutes and then lemon juice. Season highly and pour into moulds. Sherry to taste gives a finer flavor to any aspic.

By using half and half stock and clear tomato juice tomato aspic may be made.

Pâté de Foie Gras (Liver Paste)

1 calf's liver (about 3 lbs.)
1 teaspoonful French mustard
½ teaspoonful ground cloves
1 cup butter
1 clove of garlic
4 drops tabasco

METHOD:

(a) Cook liver in plenty of water until very tender, an hour or two.

(b) Let cool over-night in water in which it was cooked and then put through food chopper with the garlic, the mustard and 1 tablespoonful shredded onion. Add softened butter and season highly to taste. It is then ready to pack into sterilized glasses and cover with melted butter or lard.

Tomato Jelly

1 tablespoonful gelatine for every pint or 2 cups of soup mixed with water
1 small can tomato soup
As much water as soup
Salt and tabasco to taste.

METHOD:

(a) Mix water and soup and bring to boil.

(b) Add gelatine dissolved in twice as much cold water for 5 minutes and stir until gelatine is completely melted.

(c) Season highly and pour into moulds.

Tomato Mousse

Tomato jelly
1 cup whipping cream

METHOD:

Fold tomato jelly on the point of setting into the whipped cream by spoonfuls. Season highly and set in mould in a cool place until firm.

Eggs

1. Q. What is the chief constituent of egg white?

A. Egg white is almost pure albumen. The yolk is amost pure fat with a little sulphur.

2. Q. How many egg whites to a cup?

A. (a) Eight are generally supposed to fill a cup.

(b) Ten egg yolks are required to fill a cup.

3. Q. How may egg whites be kept fresh for sometimes?

A. (a) They may be dried, and when needed as many tablespoonful of cold water added to the desiccated egg as there were whites at the beginning. The resulting liquid may then be beaten as easily as fresh whites.

(b) Yolks may be kept for several days by putting them into a dish covered with a damp cloth. They should be kept in a cool place.

4. Q. What is the most digestible way to cook soft boiled eggs?

A. Two cups of water for every egg should be brought to a boil, the eggs put in, the saucepan covered and removed immediately from the fire but kept warm. At the end of six minutes the eggs are cooked to the right degree.

5. Q. What is a "mollet" egg? How should it be cooked?

A. It is an egg in which the yolk is liquid, but the white coagulated. It should be cooked like a soft boiled egg, but left in the covered saucepan for ***eight*** minutes instead of ***six.***

6. Q. Is it absolutely necessary to remove the saucepan in which eggs are boiled from the stove?

A. No, provided the heat is turned off.

7. Q. What are the secrets of good poached eggs?

A. (a) The eggs should not be too fresh, at least two days old.

(b) They should be cooked in acidulated water, (1 teaspoonful of vinegar to a cup of water).

(c) The water should not be allowed to boil, but should simmer only.

For the beginner it is better to use a buttered poaching ring, the egg should be broken into a saucer first, and then slipped gently into the water. For best results the yolks should slightly protrude from the water.

8. Q. What makes the white of an egg hard and indigestible?

A. Cooking at too high a temperature.

9. Q. Why are croquettes dipped into egg before frying?

A. Because the egg is hardened by heat and forms a grease-proof coating. Without it, the croquette would absorb fat.

10. Q. May egg yolk alone be used for egging and crumbing?

A. No, because it contains too little albumen, but egg white may be used alone.

11. Q. How much water should be used to boil eggs?

A. There should be at least two cups for every egg.

12. Q. How may eggs be preserved in winter?

A. (a) In waterglass or silicate of sodium. The proportion of water required is marked on every can, or

(b) They may be rubbed with vaseline and kept in a cool place. This method is approved by the Department of Agriculture.

(c) They may be buried in coarse salt in such a way that every egg is completely surrounded with salt.

(d) In mixture of two cups of fresh slaked lime and a cup of common salt dissolved in three gallons of cold water. The eggs may be added at any time.

13. Q. How may you know whether eggs are fresh or not?

A. (a) A fresh egg has a dull surface.

(b) A fresh egg sinks in cold water and a stale one floats.

(c) If candled, a dark spot appears in stale eggs.

14. Q. What do you think of frozen eggs?

A. If they were perfectly fresh when frozen they are all right and may be used for cakes, batters, etc.

15. Q. What do you think of egg powder?

A. They are for the most part, poor substitutes and should be used sparingly. In many cases they are nothing but colored baking powder.

16. Q. What are the chief uses of eggs in cooking?

A. (a) As ***leavening*** agents in cakes and batters.

(b) For ***thickening*** agents in custards and sauces.

(c) For ***binding*** agents in noodles, meat loaf or croquettes.

(d) As ***grease-proof*** agents in fritters and croquettes.

(e) As an ***emulsion*** in the making of mayonnaise.

17. Q. How should eggs always be beaten for cakes?

A. They should be beaten on a large platter with a wire whip, as by this method they contain much more air than when beaten with a Dover beater.

18. Q. What do you mean by a Dover beater?

A. A mechanical egg whip that is run by a little wheel on a handle.

19. Q. When may eggs be beaten with a Dover beater in preference to a wire whip?

A. When they are to be used for meringues or icings, as they have a much closer texture than whipped with a wire whip.

20. Q. Why is it advisable to add a pinch of salt to egg whites when whipping?

A. It acts on the albumen in such a way that the egg whites are whipped much more quickly.

21. Q. To what point should egg whites be beaten for cakes?

A. Until they can hold a tablespoon erect.

22. Q. What effect has cream of tartar on beaten egg whites?

A. It thickens them, but should never be added before the eggs have been beaten until they are foamy.

23. Q. Is there any danger of egg whites being too much beaten?

A. Yes, they should not be beaten until dry, or until they break apart in flakes, when used for cake batter.

24. Q. What effect would egg whites beaten until they were dry have upon a cake?

A. They would make the cake dry.

25. Q. What makes scrambled eggs tough?

A. Overcooking. Too high a temperature hardens the egg white into a tough indigestible mass.

26. Q. What is an omelet?

A. A pan-fried mixture of beaten eggs, alone or with milk or water.

27. Q. What are the secrets of making a good omelet?

A. (a) An iron, heavy aluminum, granite wear frying or omelet pan.

(d) The pan should never be washed, but cleansed with vinegar and salt.

(c) The eggs should be cooked as soon as they are beaten.

(d) The omelet should be cooked over brisk heat, and should be served immediately on a hot dish.

28. Q. What is the difference between a French or plain omelet and a puffy omelet?

A. (a) In a ***French*** or ***plain*** omelet, the eggs are beaten together until light and one tablespoonful of hot water is added for every egg used.

(b) In a ***puffy*** omelet, the yolks are beaten alone with a teaspoonful of hot water for every egg used, and the beaten whites are folded in at the last moment. A puffy omelet is simply a kind of soufflé and may be cooked in the oven and browned with a salamander.*

29. Q. What are the principal varieties of a plain omelet?

A. The principal sauces used with a plain omelet are Spanish, mushroom, sherry, cheese, soubise, béarnaise with tomatoes or black butter (see "Sauces").

30. Q. Name five varieties of puffy omelet?

A. (a) White sauce omelet.
(b) Bread crumbs omelet.
(c) Savoury omelet.
(d) Rum omelet.
(e) Melba omelet.
(f) Cheese omelet.
(g) Croûton omelet.

31. Q. What is a custard?

A. A custard is simply milk thickened with egg.

32. Q. Should the eggs be beaten for a custard?

A. Only slightly as otherwise the custard will be spongy rather than smooth.

33. Q. What proportion of egg to a cup of milk should be used in making a custard?

A. (a) For a ***soft*** custard, or a custard to be eaten in the dish in which it is cooked, one whole egg or two yolks is required.

(b) For a ***firm*** custard, or custard which is to be unmoulded, en extra yolk should be added for every cup of milk.

34. Q. Which is the better, a whole egg or two yolks for custard making?

A. Well beaten yolks make a more delicate custard than whole eggs.

35. Q. How should the eggs be added to the milk for a custard?

A. The best method is to beat the eggs and sugar together until light and pour the hot milk over them, then cook in a larger pan of hot water in the oven until firm.

*A poker-shaped utensil used for browing.

36. Q. In thickening sauces with egg what precaution should always be observed?

A. The water in the lower part of the double boiler should be allowed to touch the bottom of the upper part so that the egg will not cook too quickly. If the sauce cooks at too high a temperature the egg will coagulate and the resulting mixture will appear curdled.

37. Q. What should be done with a sauce where the egg has cooked too hard?

A. It should be strained and thickened again, either with egg or some starchy material as cornstarch or flour.

38. Q. Why are eggs to be preferred as leavening agents to baking powder in cake-making?

A. Because they make a moister cake with greater keeping powers.

39. Q. How may an egg be replaced in making mayonnaise?

A. One egg may be replaced by three tablespoonfuls of evaporated milk and the mayonnaise made in exactly the same way.

40. Q. How many eggs should be used for a cupful of sauce under general conditions?

A. One egg yolk is enough to give color and body to one cup of white sauce, but three or four may be used to advantage.

41. Q. Why is it that it sometimes seems impossible to beat egg whites?

A. Nothing but the presence of fat will prevent egg white from beating.

42. Q. Why is it important that no yolk should fall into egg white to be beaten?

A. Because the yolk being fatty would prevent the whites from frothing.

43. Q. Under what conditions do egg whites beat quickly?

A. Eggs that are thoroughly chilled, and at least two days old beat better than absolutely new laid eggs. The whites of eggs preserved in waterglass beat up better than any others.

44. Q. When should one begin adding the sugar for meringues?

A. Only when the whites are stiff enough to hold a tablespoon erect.

Cereals

1. Q. How should all cereals be cooked?

A. They should, after being thoroughly washed, be cooked in a double boiler with four times as much salted water as cereals. Long slow cooking gives excellent results.

2. Q. How should rice be cooked?

A. It should be washed and then dropped gradually into four times as much boiling water in such a way as not to stop the boiling. The kettle should be placed directly on the stove, no double boiler, and the rice should be allowed to boil violently until the grains are tender, stirring occasionally with a fork.

3. Q. What should be done if the water boils away in cooking rice?

A. More may be added at any time as it is practically impossible to use too much.

4. Q. How do you know when rice is cooked?

A. When the grains are tender and transparent.

5. Q. Does all rice absorb the same amount of water?

A. No, the absorbing power of rice depends on the variety and age of the rice.

6. Q. What do you mean by parched rice?

A. Rice that has been browned in butter or bacon fat in a frying pan before boiling.

7. Q. What should be done to rice when it has finished boiling?

A. It should be put in a sieve and hot water allowed to run through it until every grain is separate and the water clear. It should then be put into the oven to dry. A damp napkin placed over it will prevent it drying too much.

8. Q. What do you mean by Italian pastes?

A. Spaghetti, macaroni and vermicelli.

9. Q. What is the difference between spaghetti, macaroni and vermicelli?

A. There is no difference beyond the shape.

10. Q. Why are some macaronis yellow and others white?

A. Yellow macaroni is supposed to contain eggs, but in most cases it is colored with saffron.

11. Q. What is scrapple?

A. Scrapple is a combination of finely chopped seasoned meat cooked with corn meal. (See "Recipes").

12. Q. What is samp?

A. Samp is the whole kernel of corn, hulled and bleached. It is sometimes also called hominy.

13. Q. What are grits?

A. Grits is made of whole corn finely ground and is called "Pearl hominy".

14. Q. How should cereals be kept?

A. In air-tight jars or containers.

15. Q. What are noodles?

A. Noodles are strips of paste made by working an egg into a cup of flour.

16. Q. How would you prevent a crust forming on a cereal if allowed to stand?

A. By pouring a spoonful or two of water over the cereal once it is cooked.

17. Q. What is Polenta?

A. Polenta is an Italian dish made by beating one tablespoonful of butter or olive oil into one cup of hot corn meal mush with two tablespoonfuls of Parmesan or other strong cheese.

18. Q. What is Rissotto?

A. It is an Italian dish made of parched boiled rice fried with butter, green peppers and onions.

19. Q. What are Ravioli?

A. Small rounds of noodle paste filled with savory meat and spinach. (See recipes).

20. Q. What is Gnocchi?

A. Gnocchi is a rich white sauce flavored with strong cheese, and made according to certain directions. (See "Recipes".)

21. Q. Should macaroni and vermicelli be cooked in stock for soup?

A. No, because they make the stock cloudy.

22. Q. How do Italians cook macaroni?

A. They drop it into the boiling salted water in such a way that it softens without breaking.

Recipes

Eggs - Cereals and Italian Pastes

American Omelet

2 diced, parboiled lamb's kidneys
1 tablespoonful shredded onions
2 tablespoonfuls butter or bacon fat
4 tablespoonfuls chopped mushrooms
6 eggs

METHOD:

(a) Cook kidneys with mushrooms and onions in butter for 5 minutes, then add 1½ tablespoonfuls sherry (non-alcoholic) and season to taste with salt and tabasco to taste.

(b) Make plain French omelet with eggs and use kidney mixture as filling.

Gnocchi a la Romana

4 tablespoonfuls butter
4 tablespoonfuls cornstarch
2 egg yolks
½ teaspoonful salt
4 tablespoonfuls flour
2cups hot milk
¾ cup strong cheese, grated

METHOD:

(a) Add cornstarch and flour to melted butter and then stir in milk.

(b) Cook for 20 minutes, in double boiler and then add the well-beaten yolks with ½ cup grated cheese.

(c) Pour into shallow buttered pan and when cool, cut into squares, diamonds or strips. Put into baking dish, cover with rest of grated cheese and brown in oven.

Ingredients that may be added to a six-egg omelet, whether French or Puffy:

(a) 1 tablespoonful capers with ½ teaspoonful chopped parsley.
(b) 2 tablespoonfuls chopped cooked or raw celery.
(c) 2 tablespoonfuls chopped chives.
(d) 2 tablespoonfuls of diced ham cooked for five minutes with 2 tablespoonfuls of chopped cucumbers in 1 tablespoonful butter.

NOTE.—Some cooks add a teaspoonful of cornstarch to an omelet for every egg used together with a good pinch of baking powder.

1 tablespoonful of the milk called for in any omelet recipe may be replaced by kirsch and 2 tablespoonfuls may be replaced by any jam or cheese.

Plain French Omelet

4 eggs
2 tablespoonfuls butter
3 drops tabasco
4 tablespoonfuls milk
½ teaspoonful salt

METHOD:

(a) Beat egg together just enough to blend and stir in milk.

(b) Put butter into hissing hot pan and then pour in omelet mixture.

(c) Cook over gentle fire, lifting with a spatula, from the bottom so that it may cook evenly. Fold and serve on hot platter.

Plain Puffy Omelet

4 eggs
1 tablespoonful butter
4 tablespoonfuls hot water
½ teaspoonful salt

METHOD:

(a) Beat yolks, hot water with salt and 3 drops tabasco or pinch of red pepper until thick and lemon-colored.

(d) Fold in stiffy beaten eggs until they have absorbed all the liquid.

(c) Pour the mixture into a hissing hot omelet or frying pan with the melted butter.

(d) Cook over moderate heat until firm to the touch, then turn out on hot platter. An omelet may be finished in the oven, if so desired.

Varieties for either French or Plain Omelets

(a) Fill with fried mushrooms in cream sauce.

(b) Fill with 4 large mushrooms, 2 teaspoonfuls grated onion, 2 teaspoonfuls minced green pepper, 2 teaspoonfuls chopped parsley and pimento, mixed with 3 or 4 seedless raisins and 2 chopped olives all fried in 2 tablespoonfuls butter.

(c) Fill with ½ cup diced eggplant, ½ cup diced crisp bacon, 4 tablespoonfuls diced apple, all fried together.

(d) Fill with creamed asparagus.

White Sauce Omelet (see formula for Soufflées).

Bread Crum Omelet

½ c. soft bread crumbs
½ c. water or stock
2 teaspoonfuls butter
4 eggs

METHOD:

(a) Pour hot liquid over crumbs and add beaten yolks, then fold in stiffly beaten whites.

(b) Add butter to hot omelet pan and when hissing hot, cook omelet.

Fats

1. Q. What are the chief fats used in cooking?

A. (a) Butter.
(b) Cream.
(c) Suet.
(d) Tallow.
(e) Lard.
(f) Vegetable oils.

2. Q. What are the principal uses of butter?

A. (a) In sauces.
(b) In pastry, flaky or puff.
(c) In cakes.

3. Q. What are the chief uses of cream in the kitchen?

A. (a) In sauces.
(b) In cream soups.
(c) In pastry and cakes.
(d) In custards and charlottes.
(e) In frozen puddings and ice-creams.
(f) In salad dressings.

4. Q. What is the difference between "single" or "coffee" cream and "double" or "whipping cream"?

A. Whipping or "double" cream contains more butter fat than "single" cream, at least 35%.

5. Q. Will "double" or "whipping" cream always whip?

A. No, unless "double" cream is taken from milk over twelve hours old, it will not whip.

6. Q. What may be added to whipped cream to make it thicker when whipped without altering its flavor?

A. French cooks generally add 2 teaspoonfuls tragacanth gum to every quat of whipping cream, after it is whipped.

7. Q. Is tragacanth to be preferred to gelatine?

A. It gives much better results.

8. Q. How much double cream should be used to make one cup of whipped cream?

A. As cream doubles its volume when whipped, ½ cup whipping cream should give 1 cup whipped cream.

9. Q. Why in making Charlotte Russe or Bavarian Cream does the mixtures sometimes lose its fluffiness?

A. Because the liquid containing the gelatine was added before it was thoroughly chilled. It should be cold but not yet set.

10. Q. When does cream turn into butter while it is being whipped?

A. When it was not sufficiently chilled before whipping. ***Cold*** double cream will never turn into butter while being whipped.

11. Q. What is suet?

A. It is the name given to the fat taken from a lamb, a sheep or a beef. Mutton suet has a much stronger flavor than beef suet and is not much used in cooking.

12. Q. What are the chief uses of beef suet in cooking?

A. (a) It is mixed with an equal quantity of leaf lard and makes an excellent frying medium.

(b) It is used for making French or Puff pastry.

(c) It is used in making steamed puddings.

13. Q. How may suet be rendered?

A. All suet should first be soaked for an hour in salted water (1 teaspoonful to a qaurt) and then drained dried and freed from membrane. It should then be allowed to melt very slowly in a double boiler, keeping the water just below boiling point. Strain through a cheese cloth into a jar and keep in a cool place.

14. Q. How may fats of any description be clarified?

A. To every quart of fat to be clarified, add ½ cup of thick slices of raw potato and cook until potatoes are browned, the fat may then be strained through cheese cloth into a jar. Sometimes it is necessary to clarify fat twice or to use a double cheese cloth. A good pinch of soda will often whiten fat.

15. Q. What is the difference between "short" and "long" butter?

A. "Short" butter crumbles when kneaded, whereas "long" butter becomes plastic. "Short" butter has not been well dried and too much liquid has been left in it. As a consequence, it does not keep so well and is not so good for making puff pastry as "long" butter.

16. Q. How can butter be distinguished from oleomargarine?

A. (a) ***Oleomargarine*** produces no foam when boiled, but sputters a great deal.

(b) ***Butter*** produces a great deal of foam and very little sputtering.

A tablespoonful of each is sufficient to make the test.

17. Q. How should butter be kept fresh?

A. It should be kept in a covered crock in the coldest available place. If bought in wrapped blocks, leave the papers on until using.

18. Q. How should butter be washed for French pastry?

A. It should be put into a piece of cheese cloth and worked until all the salt has been washed out and the butter itself is plastic.

19. Q. What are "drippings"?

A. "Drippings" is the name given to the fat that remains in the pan after meat has been roasted or grilled. Drippings may be clarified and used for pan-frying or the making of sauces.

20. Q. How may chicken fat be utilized?

A. It may be rendered and clarified and then be used either for pan-frying or in cakes and pastry.

21. Q. What is the best kind of vegetable oil?

A. Olive oil of good quality is decidedly the best of all vegetable oils, but its price makes it prohibitive in ordinary cooking. It may be replaced by a good cotton seed oil or nut oil which is much to be preferred to a poor quality of olive oil.

22. Q. How should vegetable oils be kept?

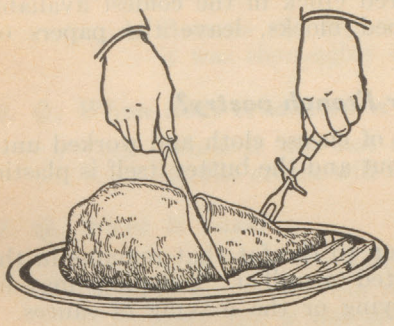
A. In a cool place, but they never be allowed to freeze as it makes them cloudy and spoils their flavor.

23. Q. Mention several good frying mediums.

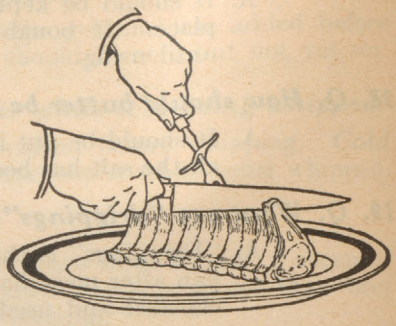
A. Crisco, equal parts of lard and beef suet, Mazola oil, clarified drippings.

24. Q. What disadvantage has oil when used for deep frying?

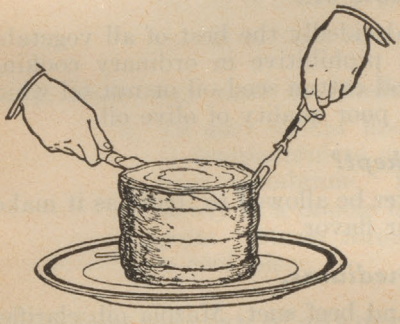
A. It is apt to boil over when not carefully watched.



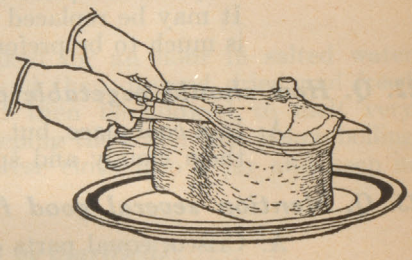
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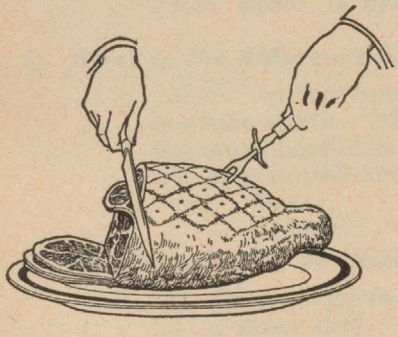
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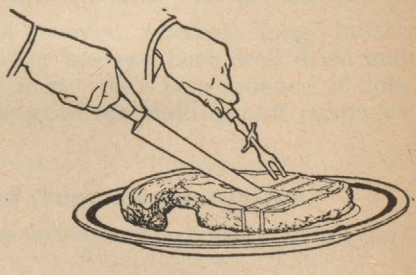
C



D



E



F

How to carve

A — Leg of lamb:

As the small end of the leg is a choice piece, it is a good idea to make two slices, one in the thick of the roast (as in the illustration). and the other near the small joint. Each guest may thus be served with a small and a large slice.

B — Loin of pork:

The loin of pork should be carved as shown in illustration B. A very sharp knife is required for this task. A whole chop should be served to each guests.

C — Rolled roast:

This sort of roast is generally held together with skewers and twine. In carving it, the roast should be set flat on the dish and the knife should slice towards the carver. Slices should be thin and even.

D — Filet roast:

Should be carved like the Wing Roast, that is from the thick of the roast towards the tip.

When carving the rib or sirloin roast, slices should be thin and taken in the thick or centre of the roast, the extreme portions being served only on special request. It is also wise to ask of the guests whether they wish for rare or well done slices.

E — Carving the ham:

Start the first slice carefully and cut evenly to the bone, remembering that the slices should be thin and large.

F — The "T" Bone steak

is carved as shown in illustration F. The knife should follow the bone and the portions made accordingly.

Cuts of beef

(Numbers and words in ***heavy italic type*** indicate ***wholesale*** cuts, others indicate ***retail*** cuts.)

1. Hind shank:

Nos. 1, 2 and 3, bones, used for stock.
No. 4, hock, used for meat jellies.

2. Round:

No. 2, round steak, first cut, used for stewing.
Nos. 3 to 13, round steaks, used for pan-broiling.
No. 14, round steak, last cut, used for pan-broiling.
No. 15, knuckle, used for stock and aspics.
No. 16, heel of round, used for pot-roasts.

3. Rump:

Whole as roast, used for pot-roasting.
Sliced as steaks, used for pan-broiling.

4. Loin:

No. 1, Butt-end sirloin steak, used for broiling.
No. 2, Wedge-bone sirloin steak, used for broiling.
Nos. 3 and 4, Round-bone sirloin steak, used for broiling.
Nos. 5 and 6, Double-bone sirloin steak, used for broiling.
No. 7, Hip-bone sirloin steak, used for broiling.
No. 8, Hip-bone Porterhouse steak, used for broiling.
Nos. 9 to 15, regular Porterhouse steaks, used for broiling.
Nos. 16 to 18, Club, Delmonico or "Wing" steaks, used for broiling.

5. Flank:

No. 1, flank steak, used for pan-broiling.
No. 2, flank stewing meat, used for stews.

6. Ribs:

No. 1, 11th and 12th rib roast, used for oven roasts.
No. 2, 9th and 10th rib roast, used for oven roasts.
No. 3, 7th and 8th rib roast, used for oven roasts.
No. 4, 6th rib roast, used for oven roasts.

7. Chuck:

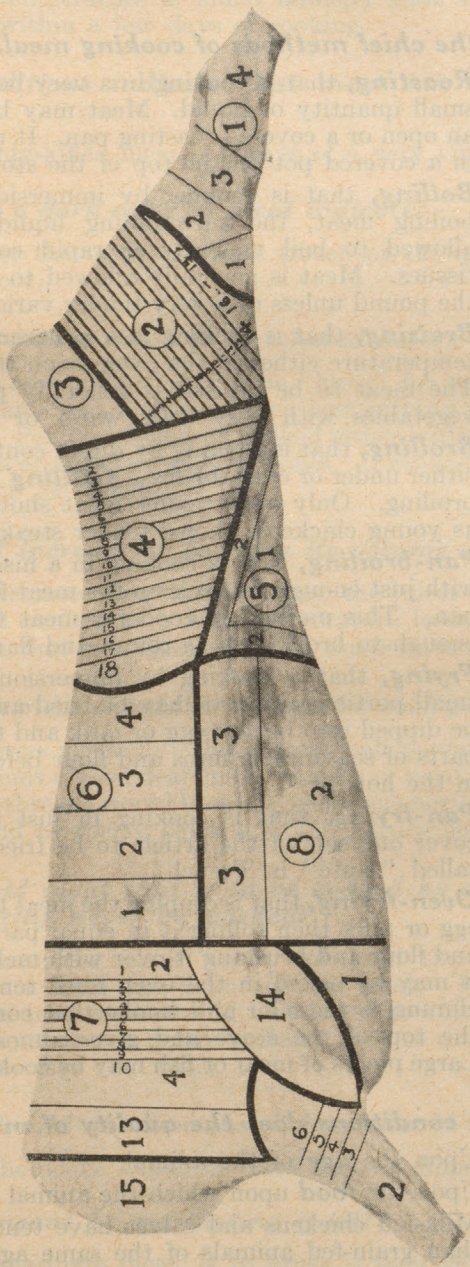
No. 1, 5th rib roast, used for oven roasts.
Nos. 2 to 9, chuck steaks, used for pan-broiling.
Nos. 10 to 13, check roasts, used for pot-roasting.
No. 14, clod, used for stew or corned beef.
No. 15, neck, used for stew.

8. Plate:

No. 1, brisket, used for stews or corned beef.
No. 2, navel, used for stews or stock.
No. 3, rib ends, used for stews or stock.

9. Fore shank:

No. 1, soup meat, used for stock.
No. 2, knuckle, used for stock and aspics.
Nos. 3 to 6, shin bones, used for stock and aspics.



Meat

1. Q. What are the chief methods of cooking meal?

A. (a) ***Roasting,*** that is cooking in a very hot oven with a very small quantity of liquid. Meat may be roasted either in an open or a covered roasting pan. It may also be roasted in a covered pot on the top of the stove.

(b) ***Boiling,*** that is cooking by immersion in a liquid. In boiling meat, the surrounding liquid should never be allowed to boil violently as rapid cooking hardens the tissues. Meat is generally allowed to simmer an hour to the pound unless of a very tender variety.

(c) ***Braising,*** that is cooking in a ***covered*** pot at a very low temperature either in the oven or on the top of the stove. The meat to be braised is generally placed on a bed of vegetables with very little water or stock.

(d) ***Broiling,*** that is cooking by direct contact with the flame, either under or over the fire. ***Grilling*** is another name for broiling. Only very tender meat should be broiled such as young chickens, chops, tender steaks, fillets and game.

(e) ***Pan-broiling,*** that is cooking in a hissing hot frying pan with just enough fat to keep the meat from sticking to the pan. This method is good for meat that is not tender enough to broil, such as round and flank steaks.

(f) ***Frying,*** that is cooking by immersion in hot fat. Only small portions of meat may be fried and they should first be dipped into beaten egg or milk and then rolled in equal parts of seasoned crumbs and flour before being immersed in the hot fat.

(g) ***Pan-frying,*** that is cooking in just enough hot fat to cover one side of the article to be fried. This method is called "sauté" in French.

(h) ***Oven-frying,*** that is dipping the meat to be fried in beaten egg or milk then rolling it in equal parts of bread crumbs and flour and brushing it over with melted fat after which it may be baked in the oven until tender. This method eliminates the odor and smoke that comes from frying on the top of the stove and gives almost as good results. Large pieces of meat or fish may be cooked by this method.

2. Q. Upon what conditions does the quality of meat depend?

A. (a) Upon the ***age*** of the animal.

(b) Upon the ***food*** upon which the animal has been fattened. Milk-fed chickens and calves have tenderer, whiter meat than grain-fed animals of the same age.

(c) Upon the ***part*** of the animal from which the meat was taken. The loin is the tenderest portion of every animal and the shank, the toughest.

(d) Upon the ***length of time*** since the animal was butchered. Beef that has been "hung" for a few weeks at a certain temperature is much tenderer than beef that is cooked within a few days of cooking.

3. Q. What conditions indicate that meat has been too freshly killed?

A. Freshly-killed meat is always of a very vivid red.

4. Q. What does a dark color in meat indicate?

A. Either the meat has been frozen or the quality of the meat is poor.

5. Q. How long should meat be butchered before it is cooked?

A. Beef and mutton should be "hung" for at least a fortnight, but lamb and veal are at their best within a few days of butchering. Poultry should be cooked either within one hour of being killed or after twenty-four hours. If cooked within the interval, it will be tough.

6. Q. Does meat increase or decrease its volume during cooking?

A. It decreases its volume because the juices exude into the pan. Meat cooked at a high temperature loses more volume than meat that is cooked at a low temperature.

7. Q. How much meat should be allowed for each person to be served?

A. Caterers generally calculate one-half pound per head, but that depends a good deal on the variety of meat,—one-half pound of sweetbreads would be a very generous portion, whereas one-half pound of spring chicken would hardly be enough.

8. Q. Why should meat that is to be cooked by any other method than roasting never be washed?

A. Because the water would draw out the juices and thereby detract from the flavor of the meat. Meat that is to be made into stock should be allowed to stand in cold water for an hour or two before cooking so as to draw out the nutritive juices into the water.

9. Q. If meat should not be wahsed, how should it be cleaned?

A. It should be wiped off with a cloth dipped into vinegar.

10. Q. What is meant by marinating meat?

A. To marinate meat, is to brush it over generously with equal parts of oil and vinegar and allow it to stand for an hour or two before cooking it. Marinating is supposed to make meat more tender.

11. Q. How should corned or salted meat be treated before cooking?

A. It should be soaked for at least twelve hours in cold water and then it may be boiled as any other meat.

12. Q. Why should meat always be wrapped in paper before being put directly on the ice?

A. Because the moisture of the ice would hasten decomposition.

13. Q. What is meant by larding?

A. By larding is meant the flavoring of insipid meat such as fillet of beef, veal or liver with salt pork or bacon. Incisions are made into the meat and small strips of the fat introduced at intervals. When meat is simply covered with slices of fat to give it flavor, it is said to be "daubed".

14. Q. How is the flavor of garlic given to roast pork?

A. Shreds of garlic are inserted into incisions made by a sharp knife or larding needle.

15. Q. What is tripe?

A. It is the lining of the stomach of beef. There are two kinds of tripe, ***plain*** and ***honeycomb.*** the latter is considered the more delicated.

Beef

1. Q. What are the characteristics of good beef?

A. (a) The color is a deep cherry red.
(b) The lean part is generally well marbled with fat.
(c) The fat is solid and white or cream-colored. Corn-fed beef has yellow fat.
(d) Good beef is firm to the touch.
(e) The bones of good beef are pink and porous.

2. Q. What indicates the age of beef?

A. (a) The bones of young beef are more porous than those of old beef.
(b) The fibre of young beef is finer than that of old beef.

3. Q. Why should roasts be seared before roasting?

A. Searing is nothing more than closing up the pores of meat by the application of intense heat, so to prevent the juices of the meat from exuding during the cooking.

4. Q. What are the best cuts for roasting?

A. (a) The ***fillet,*** the most tender of all roasts, lies underneath the loin, along the spine. It is also known as the ***tenderloin.*** An average fillets weighs from 3 to 4 pounds. A ***fillet*** should be larded as it has very little flavor.

(b) The ***wing*** roast, or a small roast lying at the end of the loin, nearest the ribs. When sliced, it makes ***club*** or ***delmonico*** steaks. The ***wing*** roast is also known as the ***sirloin tip.***

(c) The ***middle sirloin*** or ***porterhouse roast*** is at the end of the loin to the ***wing roast*** and when sliced makes ***porterhouse*** or ***tenderloin steaks,*** also known as ***T-bone steaks.***

(d) The ***butt-end sirloin*** or the roast nearest the ***rump.*** Steaks cut from this roast sare known as ***sirloin steaks*** or ***pin-bone steaks.***

(e) The ***rib roasts,*** consisting of:

(1) the 11th and 12th rib roasts;
(2) the 9th and 10th rib roasts;
(3) the 7th and 8th rib roasts;
(4) the 6th rib roast;
(5) the 5th rib roast.

The ***rib roasts*** when boned and rolled are known as ***Boston roasts.*** When cooked standing, they are called ***prime rib roats.***

(f) ***Round roasts*** are taken from the leg, below the ***rump*** and are not tender enough to be roasted in the oven, but make excellent pot-roasts.

(g) ***Rump roasts,*** are taken from the end of the loin and are too tough for oven roasting, but make excellent pot-roasts or stews. There are two ***rump roasts,*** the ***aitch bone roast*** and the ***middle rump.***

5. Q. How a tender roast should be cooked?

A. All the tender roasts that may be oven-roasted are indicated on the meat charts.

(a) A roast should be carefully wiped off with a cloth steeped in vinegar and when trimmed into shape and skewered, if necessary.

(b) It should be dusted over with flour and then dotted with suet or butter and seared in a very hot oven (500 degrees) until browned (15 minutes).

(c) It should then be cooked in a 350-degree oven from 15 to 20 minutes to the pound according as one wants it rare or well-done; a five-pound roast should take from an hour and ten minutes to an hour and a half, according to the result desired.

(d) A roast should be basted every ten minutes unless cooked in a "self-baster".

(e) The juice which exudes from the meat while cooking makes the gravy (see "Sauces").

6. Q. Are "self-basting roasters" satisfactory?

A. Spoon-basting gives better results than self-basters, but fairly good results may be obtained with the improved variety of "self-basters" now on the market.

7. Q. How should beef be "pot-roasted" or "smothered"?

A. (a) It should be seared in a hissing hot frying-pan with just enough fat to keep it from sticking to the pan.

(b) It should be put into a pot, barely covered with stock or water and then tightly covered and allowed to simmer until very tender.

(c) Many cooks add vegetables to the liquid in which a pot-roast is cooked but this is not necessary.

8. Q. What liquids are generally used for pot-roasts?

A. Many cooks use stewed tomatoes with excellent results.

9. Q. Are pot-roasts larded?

A. They are more savory when larded or daubed before cooking.

10. Q. What is the difference between a "pot-roast" and "bœuf à la mode"?

A. (a) A pot-roast is a ***large*** portion of beef roasted in a covered pot with little water and soup vegetables.

(b) "Bœuf à la mode" is the same piece larded, cut into smaller portions and cooked in tomato juice.

11. Q. What are the chief cuts of beefsteak that may be grilled?

A. (a) ***Club*** or ***delmonico*** steaks.
(b) ***Tenderloin*** or ***T-bone*** steaks.
(c) ***Porterhouse*** steaks.
(d) ***Sirloin*** or ***Pin-bone*** steaks.

12. Q. What cuts of steak make excellent pan-broiled steaks?

A. (a) ***Round steaks,*** after the first cut from the round.
(b) ***Rump*** steaks.
(c) ***Flank*** steaks.
(d) ***Chuck*** steaks.

13. Q. Why should very little fat be used in the pan for pan-broiling?

A. Because otherwise the steaks would be fried rather than pan-broiled.

14. Q. What is "Swiss steak"?

A. A round steak cut about two inches thick into which as much flour as possible has been hammered either with the edge of a saucer or a regular meat hammer. The steak should be seared and cooked covered with water stock, or tomato juice until tender. It generally requires about an hour to the pound at 350 degrees. Some cooks score the steak at right angles with a very sharp knife and then beat in the flour.

15. Q. What conditions indicate that steak is ufficiently cooked?

A. When a steak is done, it is thick and puffy. A steak one inch thick takes from eight to ten minutes, a one-and-half-inch steak takes from ten to fifteen minutes and a two-inch steak from eighteen to twenty minutes. The time varies as the steak is rare or well-done.

16. Q. How does freezing affect beef?

A. Freezing makes meat more tender, but lessens the flavor.

17. Q. What kind of water should always be used to cook corned beef?

A. All corned meat after being soaked should be cooked in ***cold*** water gradually brought to a boil.

18. Q. When should a corned tongue be preferred to a fresh one?

A. A corned tongue is always to be preferred for aspics and salads as its color is more appetizing.

19. Q. How long should tongue whether fresh or corned be boiled before cooking it in any other way?

A. Both kinds should be boiled until the skin comes off easily.

20. Q. What parts of beef are most suitable for corning?

A. The navel, flank, rump and plate are the most suitable parts for corning.

21. Q. What can be done to a flank steak to prevent its edges from curling up when being broiled?

A. It may be scored at right angles with a sharp knife before being broiled.

22. Q. How often should steak be turned while being broiled?

A. It should be turned every ten seconds for the first minute and then allowed to cook on each side until well-browned. The constant turning of the steak at the beginning is to seal up the juices within the meat.

23. Q. What is suet?

A. Suet is the name given to the fat around the kidneys in veal and beef. Tallow is the name given to mutton fat and leaf lard to pork fat.

24. Q. What is "Hamburger steak"?

A. Hamburger steak is nothing but beef chopped very fine, highly seasoned and broiled after being moulded into flat balls. Generally the tougher cuts of beef are used to make Hamburger steak. Most cooks add one cup of cold water to every pound of well-seasoned chopped raw beef flavored with onion juice and a pinch of nutmeg.

25. Q. Mention four ways of cooking fillet of beef?.

A. Roasting whole, grilling in slices, braising, and pan-broiling.

26. Q. Mention five sauces that may be used with broiled steak.

A. Hollandaise, Creole, Mushroom, Soubise and Port Wine.

27. Q. What is "spiced beef"?

A. Spiced beef is beef that has been allowed to steep in vinegar from four to eight days and which is then cooked in spiced vinegar like Swiss beefsteak until tender.

28. Q. What are "minutes steaks"?

A. Minute steaks are any tender variety of beefsteak cut one-fourth inch thick and broiled. Club steaks are most often used for "minute steaks".

29. Q. What are "beefsteak birds"?

A. Beefsteak birds are made from thin slices of beef filled with highly seasoned forcemeat, rolled in seasoned flour and then seared in hot fat and braised in stock or tomato juice until tender. They may be served on a bed of boiled rice or mashed potatoes and covered with a sauce made from the liquid in which they were cooked.

30. Q. What is "spiced corned beef"?

A. Spiced corned beef is made by first soaking corned beef in water overnight and then filling incisions made in the beef by a sharp knife with whole pickling spices and strips of salt pork. The meat should then be braised until tender. It is excellent when served cold. The incisions should be made at a distance of two inches all over the meat.

31. Q. What is chipped beef?

A. Chipped beef is thinly sliced raw beef that has been smoked and dried.

32. Q. What is "goulash"?

A. Goulash is very highly seasoned braised beef. It is a Hungarian dish and is generally cooked with plenty of sliced onion and as little water as possible. The gravy should not be thickened.

33. Q. What is the smallest quantity of beef that may be roasted?

A. Anything smaller than four pounds would make too dry a roast.

Cuts of veal

(Numbers and words in ***heavy italic type*** indicate the ***wholesale*** cuts, others indicate the ***retail*** cuts.)

Hind saddle

1. Leg:

Cutlets, used for broiling or frying.

Roast, used for oven-roasting.

Shank, used for stock or aspics.

2. Loin:

Loin chops, used for broiling or frying, or crown roast of lamb.

Fore saddle

3. Hotel rack:

Rib chops, used for broiling or frying.

4. Chuck:

Used for stewing.

Used for oven roasting or stew.

Veal

1. Q. What are the characteristics of good veal?

A. (a) Lean veal should be pink and close-fibred.

(b) Veal should show but little fat but what there is should be white and firm.

2. Q. How soon after butchering should veal be cooked?

A. Veal, like lamb, is at its best a few days after butchering.

3. Q. What does colorless flesh in veal indicate?

A. Colorless flesh in veal indicates that the calf has been bled before being butchered or that it was killed too young.

4. Q. What parts of veal are suitable for roasting?

A. (a) The loin.

(b) The leg.

(c) The shoulder.

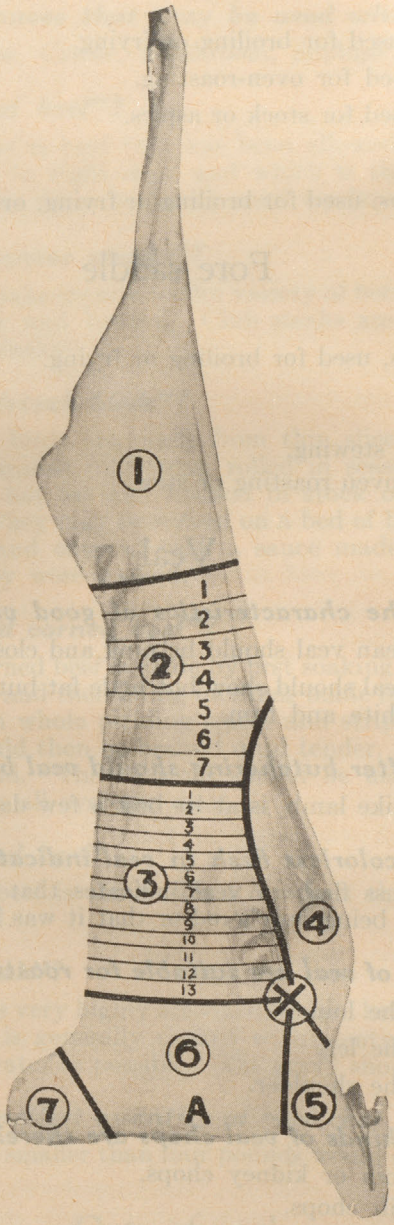
5. Q. How many kinds of veal chops are there?

A. (a) Loin or kidney chops.

(b) Rib chops.

6. Q. What is a "French chop"?

A. A "French chop" is a chop which has all the meat scarped from the rib bone before cooking it.


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7. Q. What are "veal cutlets"?

A. Veal cutlets are slices cut from a leg of veal.

8. Q. Give three ways of cooking veal cutlets or chops?

A. (a) Trim the slices well, then dip in seasoned milk and roll in seasoned flour. Put into baking dish and brush over with melted butter or drippings and bake in hot oven (400 degrees) half covered with milk until well browned and tender.

(b) Steam the cutlets until tender, dip into milk and roll in equal part of flour and seasoned bread crumbs, then fry in deep fat (375 degrees) until well browned. Drain on brown paper.

(c) Steam the cutlets until tender, then dip into fritter batter and fry in deep fat and drain on brown paper. The cutlets should be cut into rather small pieces for this method (375 degrees).

(d) Steam until tender, then dip in melted butter mixed with lemon juice, (1 teaspoonful lemon juice to 2 tablespoonfuls butter) and broil until well browned.

(e) Put cutlets into casserole, cover with Creole sauce and bake in 350-degree oven until tender. Serve surrounded with rice and covered with sauce.

9. Q. Why should veal roasts be larded?

A. Because veal is naturally insipid. Some cooks insert cloves of garlic in a roast of veal before cooking it.

10. Q. Give three ways of cooking liver.

A. Sliced liver should always be parboiled for at least ten minutes before cooking it in any other way.

(a) Dip parboiled slices of calves' liver into seasoned milk and then roll in equal parts of flour and fine crumbs. Fry in deep fat and drain on brown paper (375 degrees).

(b) Dip parboiled slices of liver in seasoned flour and pan-fry in bacon fat until tender. Drain on brown paper.

(c) Cut raw liver into dice and after having parboiling for five minutes, roll in flour and cook in deep fat (375 degrees) until tender. Serve with Creole sauce (see "Sauces").

(d) Lard whole liver with salt pork and bake in oven (350 degrees) until tender. Baste frequently with stock. Slice when cold.

11. Q. Give two recipes for liver paste or "pâté de foie gras". First recipe:

A. (a) Boil a calf's liver until very tender (two or three hours), then let cool over night in the water in which it cooked.

(b) Put through food chopper and add ½ cup of melted butter and 1 tablespoonful onion juice.

(c) Stir in 1 teaspoonful French mustard, 1 teaspoonful Worcestershire sauce, ½ teaspoonful ground cloves, ¼ teaspoonful grated nutmeg, 5 drops of Tabasco sauce with salt to taste. Pack into sterilized jars and cover with melted butter. Excellent for sandwiches.

Second recipe:

A. (a) Lard the top of a calf's liver generously, then put into a casserole with 2 cups of stock, three white onions sliced, 2 bay leaves, 1 2-inch piece of mace, 1 lump of loaf sugar, 6 whole cloves and 1 teaspoonful of salt. Cook slowly with cover on for three hours.

(b) Remove liver and cut into thin slices, then let stand overnight in liquor in which it was cooked.

(c) Put meat through food chopper twice or until it is a paste, then stir in 1 cup of melted butter and add ½ teaspoonful finely ground netmeg and season to taste.

(d) Pour into sterilized glasses and cover with one-fourth inch of melted butter or lard. It will keep for sometime in the ice chest.

12. Q. What is a "cushion of veal"?

A. It is the upper part of a leg of veal after it has been boned.

13. Q. What is a "fricandeau of vea "?

A. It is a cushion of veal that has been larded and roasted.

14. Q. Is larding the only way to give veal a beter flavor?

A. No, slices of salt pork may be laid over veal with excellent results. This is called "daubing".

15. Q. When does a calf become beef?

A. A calf ceases to be veal when it is over eight weeks old.

16. Q. What property of veal makes it excellent for aspics and consommés?

A. Veal shank contains so much gelatine that it is excellent for making meat jellies of all kinds. The bones of all young animals such as chickens, pork and lamb contain a relative amount of gelatine.

17. Q. How may a shoulder or breast of veal be stuffed?

A. It may be boned or an incision may be made to form a pocket and the cavity filled with any variety of forcemeat.

18. Q. Give a recipe for "veal scrapple".

A. (a) Mix 1 cup raw finely chopped veal with 6 cups cold water and cook until tender.

(b) Drain off meat and add it to 5 cups of the water in which it cooked with 2 cups tomato pulp, 2 tablespoonfuls chopped onion, 1 shredded garlic clove, 24 chopped olives, 1 tablespoonful Chile powder, 1 tablespoonful salt and simmer for 15 minutes.

(c) Mix 2 cups of cornmeal with 1 cup of cold water or stock and stir into the other ingredients. Pour the mixture into buttered bread pans and when cold, slice, roll in flour and fry in hot drippings or butter until well browned.

19. Q. What is the best method of making veal jellies or aspics?

A. (a) Put veal shank or shoulder into cold water (2 cups of cold water to every pound of meat) and simmer until the meat falls from the bone. Most cooks add a carrot, a turnip, an onion and 1 teaspoonful of mixed pickling spices to the water in which the veal is cooked.

(b) Let the meat cool in the liquid, if possible, and then strain off the liquid which should have jellied, and add, ***while still cold,*** a beaten white of egg and a crushed egg shell for every quart of liquid.

(c) Bring the liquid to a boil and let simmer gently until all the scum separates from the liquid, then set aside for five minutes and strain through a damp napkin.

(d) Add 1 tablespoonful of gelatine dissolved in 2 tablespoonfuls of cold water for every quart of liquid and bring again to a boil, stirring until the gelatine is thoroughly melted. Season highly to taste and flavor with a little Sherry and lemon rind (grated).

(e) Fill a mould with slices of cold meat such as chicken, veal, or equal parts of veal and ham and pour the liquid over it, until the pan is full or the meat at least well covered. If decorations have been set in the bottom of the mould, the liquid should not be poured over the meat until it is cold and just on the point of setting, otherwise, the hot stock would loosen the decorations and bring them to the surface.

20. Q. How should a mould be decorated?

A. The mould should be set on ice or in cold water and then a thin layer of aspic should be poured and allowed to harden. Decorations may then be set into the aspic and the cold meat placed above them. Finish as in recipe for aspic.

21. Q. What may be used to decoate meat jelly moulds?

A. Hard-boiled eggs, sliced and cut into fancy shapes, pimentoes, green peppers, truffles, pistachio nuts, cooked vegetables cut into fancy shapes, parsley and anchovies.

22. Q. What are "sweetbreads"?

A. Sweetbreads is the name given by the butcher to the thymus gland in the throat and the round gland found near the heart in all animals. The two glands go together to make a pair of sweetbreads or sufficient to serve four people.

23. Q. What precaution must always be taken in cooking sweetbreads?

A. As sweetbreads do not keep well, it is a wise precaution to parboil them as soon as they come from the butchers. All sweetbreads should first be boiled in acidulated, salted water before cooking them in any other way.

24. Q. What are the principal ways of cooking sweetbreads?

A. After they have been parboiled, sweetbreads may be:—

(a) Broiled or pan-broiled after having dipped them in lemon butter.

(b) Braised, in stock wtih fried mushrooms.

(c) Creamed, that is diced and served in rich cream sauce.

(d) Skewered, that is dipped in lemon butter and put on skewers then broiled. This method si known as "sweetbreads en brochettes".

(e) Fried, that is dipped in milk then rolled in equal parts of fine bread crumbs and flour and fried in deep fat, or brushed over with melted fat and baked in the oven.

(f) "Sous cloches", that is glazed with meat essence and pan-fried in butter for five minutes, then put on buttered toasts and covered with cream, and baked in a 350-degree oven for ten minutes.

25. Q. May a calf's head be used in cooking?

A. After having been carefully cleaned by the butcher, it may be used to make Mock Turtle soup (see "Soup recipes") or it may be parboiled, covered with buttered crumbs and baked in the oven.

26. Q. What part of a calf yield the greater amount of gelatine?

A. The foot, then the shin or shank.

27. Q. How should brains of any animal be cooked?

A. Calves' brains and lambs' brains are the ones the most frequently used. All brains should first be covered with cold water for an hour before cooking in any way. They should then be parboiled in salted acidulated water from 15 to 20 minutes, after which they may be broiled, fried or creamed.

28. Q. Name five sauces that are particularly good with either sweetbreads or brains?

A. Mushroom, Hollandaise, Chantilly, Creole or Madeira.



1—SPINACH MOULD (page 134)
2—POTATO CROQUETTES (page 132)
3—ALPINE POTATOES (page 129)
4—Boiled ARTICHOKES (page 121)
5—STUFFED EGGPLANT (page 126)

29. Q. What is "Mock terrapin"?

A. "Mock terrapin" is made of diced parboiled liver mixed with half as much diced hard-boiled egg and fried mushrooms in brown sauce. It is generally served on buttered toast or in ramekins.

30. Q. Give a recipe for "Prairie lobster".

A. Add 4 diced hard-boiled eggs to 1 set of parboiled diced calves' brains and cook together in butter for 5 minutes. Stir in 2 beaten eggs with 1 tablespoonful Worcestershire sauce and 2 tablespoonfuls tomato catsup. Season to taste and serve on butterred toast.

31. Q. What can be done with beef or calf hearts?

A. (a) After being carefully washed and trimmed, they should be parboiled until tender, they may then be served in the same way as liver.

(b) They may be carefully washed, and trimmed and then cut open and stuffed. After stuffing, they may be roasted in a 350-degree oven until tender. They are better when parboiled before roasting.

32. Q. How may creamed sweetbreads be served?

A. (a) In ramekins.
(b) In scallop shells.
(c) In puff pastry shells.
(d) In Swedish timbale cases.
(e) In croustades.
(f) In hollowed tomatoes.

33. Q. What is "braised tongue de luxe"?

A. It is a fresh beef tongue first parboiled until it can be easily skinned, then rubbed with 1 teaspoonful of allspice and ginger and seared in hot fat with 2 tablespoonfuls chopped onions. The tongue drippings, onions and enough water to cover are then put into a casserole with 1 cup of raisins, 4 tablespoonfuls shredded almonds and the juice of a lemon and the meat is allowed to cook in a 350-degree oven for an hour. It should be served surrounded with flaky boiled rice.

34. Q. What sauces may be served with plain boiled tongue?

A. Raisin, Creole, Madeira, Port wine and Bitter Sweet sauce (see "Sauces").

35. Q. What vegetables should be served with veal?

A. Green peas,
brussels sprouts,
string beans,
spinach,
stuffed green peppers,
asparagus.

36. Q. What relishes should be served with veal?

A. Sweet pickles, carnberry jelly, currant jelly, chow-chow, wild grape jam or jelly, cranberry sauce, celery relish.

37. Q. What are the principal ways of serving left-over veal?

A. (a) Creamed.

(b) Scallopped.

(c) Jellied or in aspic.

(d) Salad (see "Meat salads").

(e) Mousse, hot or cold (see "Entrees").

(f) Soufflees (see "Entrees").

(g) Croquettes (see "Entrees").

(h) Timbales (see "Entrees").

(i) Pot-pie (see "Meat pies").

38. Q. Give two good recipes for veal loaf.

First recipe:

1½ lbs. chopped uncooked veal
2 eggs
⅛ teaspoonful nutmeg
Grated rind of ¼ lemon
1 tablespoonful butter or bacon fat
6 drops of tabasco
1 cup chopped raw or cooked ham
1 cup bread crumbs
Juice of 1 lemon
1 cup milk
1½ teaspoonfuls salt
4 cups stewed tomatoes

METHOD:

(a) Mix the meat, put through the chopper twice with the bread crumbs, the beaten eggs, and the seasonings, as well as the milk and lemon juice and pack into a bread pan.

(b) Cover with stewed tomatoes and bake for 60 minutes in a 350-degree oven, basting frequently with the tomatoes. Unmould when cold.

Second recipe:

3 lbs. of veal
2 eggs
1 teaspoonful salt
1 teaspoonful onion juice
½ teaspoonful allspice
½ lb. of ham or ¼ lb. of salt pork
1 cup of fine bread or cracker crumbs
6 drops of tabasco, or ¼ teaspoonful of red pepper
½ teaspoonful ground mace

METHOD:

(a) Mix all the ingredients with the beaten eggs and pack into a buttered bread pan.

(b) Bake in 350-degree oven for 2 hours, basting frequently with 4 tablespoonfuls butter melted in ½ cup of hot water.

Cuts of mutton or lamb
Hind saddle

1. Leg:

Nos. 1 to 4, chops, used for frying or broiling.

No. 7, roast, used for oven roasting.

2. Loin:

Nos. 1 to 13, loin chops, or No. 1 to 13, roast, used for oven roasting.

3. Hotel rack:

Nos. 1 to 13, rib chops, or French chops, used for broiling or frying.

4. Chuck:

Neck, used for stews and pot-roasts.

5. Flank:

Flank, used for stews.

Lamb or mutton

1. Q. What is the difference between lamb and mutton?

A. After a lamb is three years old it is known among butchers as mutton.

2. Q. What is a "spring lamb"?

A. A lamb that is three months old slightly more or less is called a "spring lamb".

3. Q. Why is "boiled" mutton of more delicate flavor than "roast" mutton?

A. Because boiling destroys the strong flavor that characterizes mutton.

4. Q. How can the flesh of lamb be distinguished from the flesh of mutton?

A. Mutton is of a much darker red than lamb.

5. Q. How can a small sheep be distinguished from a large lamb?

A. In a lamb, the ankle is smooth whereas in a full-grown sheep, there is a distinct joint.

6. Q. What is meant by a "caul"?

A. A "caul" is a fibrous tissue in which lambs are born and which should always be removed before cooking.

7. Q. Why should mutton or lamb never be put into a refrigerator with strong-smelling substances, such as onions, etc.?

A. Because lamb and mutton absorb odors.

8. Q. What is a "saddle of mutton"?

A. A "saddle of mutton" is a roast that begins with the end ribs and comprises the loin as far as the leg on both sides of the backbone. It should be cooked in the oven with the ribs turned up at the beginning of the roasting and finished with the ribs turned down. The kidneys are generally left in a saddle of mutton. (See roasting temperatures).

9. Q. What is a "Crown roast of lamb"?

A. A "Crown roast" of lamb is made by "Frenching" the loin chops and joining them in such a way that they form a circle with the bones turned towards the outer rim. The ends of the ribs should be covered with balls made of dough and water mixed to a stiff dough or with a cube of potato to prevent their burning during the roasting. The centre of a "Crown roast" is generally filled with vegetables such as mashed potatoes, green peas or cauliflower.

10. Q. What cuts of lamb or mutton are used for roasting?

A. The leg, the breast, the loin or the shoulder. To make a stuffed roast, either the shoulder or the breast may be boned or a pocket cut into the breast. The cavity thus made should be filled with forcemeat. (See recipes).

11. Q. How may lamb or mutton be given a more savory flavor?

A. By making incisions with a sharp knife and filling them with shreds of garlic before roasting.

12. Q. How are mutton steaks prepared?

A. Slices cut from the leg or neck are generally covered with sliced onions and tart apples and cooked in the oven until tender.

13. Q. What is an "Irish stew"?

A. Irish stew is generally made by boiling the neck of mutton with potatoes, carrots and onions. Some cooks add dumplings before serving.

14. Q. How long should lamb or mutton be stewed?

A. Lamb requires about two hours,, but mutton needs three. The times naturally depends somewhat on the thickness of the meat.

15. Q. What are the two varieties of lamb or mutton chops?

A. (a) Loin or kidney chops.

(b) Rib chops.

16. Q. How should mutton or lamb chops be cooked?

A. Just like veal chops or cutlets (see "Veal recipes")

17. Q. How may chops be stuffed?

A. (a) Each chops is split with a sharp knife and the cavity thus formed is filled with savory forcemeat, or

(b) Savory forcemeat is piled on the top of each chop just before serving.

18. Q. What sauces may be used with chops?

A. Brown, Madeira, Creole, Mushroom, Soubise or Port Wine.

19. Q. What vegetables should be served with lamb or mutton?

A. Creamed or glazed turnips, cauliflower,
glazed carrots, green peas,
spinach, potatoes in any form.

20. Q. What relishes should be served with lamb or mutton?

A. Mint jelly, caper sauce,
barberry jelly, mint sauce,
wild grape jelly, tart apple jelly.

Cuts of pork

1. ***Hind feet,*** used for pickling or stews.
2. ***Hams,*** used for roasting or for curing.
3. ***Clear bellies,*** used for making bacon.
4. ***Loins,*** used for chops or roasts.
5. ***Spare ribs,*** used for roasting.
6. ***Brisket,*** used for bacon.
7. ***Picnic hams,*** used for curing.
8. ***Shoulder,*** used for stewing with greens.
9. ***Neck bones,*** used for head cheese.
10. ***Picnic butt,*** used for curing.
11. ***Jowl butts,*** used for head cheese.
12. ***Fore feet,*** used for stews, pickling.
13. ***Leaf lard*** used for making shortening.

Pork

1. Q. What are the characteristics of good pork?

A. The flesh should be firm and pinkish and the fat clear and white.

2. Q. What cuts of pork are used for roasting?

A. (a) The leg.
(b) The loin, consisting of the chine and the spare-ribs.

3. Q. What is "Mock Turkey"?

A. A boned leg of prok stuffed with savory forcemeat.

4. Q. What is "sour pork" or "sauerbraten"?

A. Sour pork is a roast cut from a leg of pork and soaked in spiced vinegar for 3 days before cooking. It should be turned in the vinegar two or three times a day. It should then be roasted.

5. Q. What is spiced vinegar?

A. Spiced vinegar is made by pouring 2 cups of hot vinegar on 1 cup of sliced onions mixed with 1 teaspoonful of mixed pickling spices and letting them soak for at least three days. Spiced ***salad*** vinegar may be made by adding sugar to taste to the spiced vinegar just mentioned.

6. Q. What is "mock duck"?

A. A stuffed tenderloin of pork when roasted is called a "mock duck". An incision is made in the tenderloin with a sharp knife and the cavity is filled with a savory forcemeat.

7. Q. What is meant by "curing" meat?

A. When meat is cured, it is subjected to a process of salting and smoking.

8. Q. Which is the better a large ham or a small one from the same animal?

A. A large ham has generally a better flavor than a small ham, but because of the greater demand for small hams, the large hams cost less.

9. Q. How should a ham be cooked?

A. A ham may be either boiled or baked.

10. Q. How may a ham be baked?

A. (a) Soak the ham overnight in warm water after giving it a careful scrubbing. Boil for two or three hours then let cool in liquor in which it cooked.
(b) Cover with a rather stiff dough made by mixing flour and water and bake four or five hours in 350-degree oven.
(c) Remove dough and finish as a boiled ham.

11. Q. How may a ham be boiled?

A. (a) Soak overnight in cold water and then put in kettle with more cold water and let simmer until tender, from four to five hours. The small bone at the end will come out when the ham is cooked. Let cool in the water in which it was cooked. Some cooks use ale, or add vinegar and molasses to the water in which ham is cooked to give better flavor.

(b) Remove the skin of the ham and brush over with beaten white of egg, then sprinkle with fine bread crumbs and brown sugar in equal parts and brown in oven. Many cooks make decorations with cloves before serving the ham.

12. Q. How long should a ham be cooked at the pound?

A. Most cooks allow twenty-seven minutes to the pound.

13. Q. How should bacon be cooked?

A. Bacon should first be soaked for ten minutes in cold water. It may then be cooked:

(a) On a grill in the oven at a temperature of 350 degrees. The fat should fall into the pan beneath the grill.

(b) In a frying-pan over a moderate fire, tilting the frying-pan in such a way that the bacon does not cook in its own fat.

(c) In a toaster over the fire.

14. Q. What makes bacon loses its shape and crinkle up?

A. Bacon loses its shape when it is cooked at too high a temperature.

15. Q. How may bacon be curled?

A. It should be curled and fastened with tooth picks and then fried in deep fat until crisp.

16. Q. When is pork in season?

A. Like oysters it should be eaten only in the months with "R" in them.

17. Q. How should a flitch of bacon be kept?

A. It should be wrapped in canvas and hung in a dry place.

18. Q. What does a yellow streak in bacon signify?

A. A yellow streak signifies that the bacon is not fresh.

19. Q. What gives ham its characteristics red color?

A. The salpetre in the curing solution.

20. Q. What are the characteristics of good bacon?

A. (a) A thin rind.

(b) Clear fat.

(c) A thin streak adhering to the bone.

21. Q. What are the secrets of well-cooked bacon?

A. (a) The bacon should be sliced as thin as possible.

(b) The bacon should never be allowed to cook in the fat that exudes from it. Either the fat should be drained off, or the pan should be tilted so that the fat will run to the side.

22. Q. Mention several ways of cooking ham, besides boiling and baking?

A. (a) Ham may be braised in milk until very tender and surrounded with peas.

(b) Ham may be braised with canned pineapple and celery in equal parts in a 350-degree oven.

(c) Ham may be made into pies with veal in equal parts.

(d) Sliced ham may be pan-broiled and served with a currant jelly sauce.

23. Q. How can ham be stuffed?

A. It should be boned and filled with a forcemeat to which nuts are added and then sewed up in canvas and either boiled or braised until perfectly tender. Many cooks add raisins to the filling for stuffed ham. English cooks very often make incisions in a ham and fill them with chopped vegetables such as brussels sprouts, onions and water cress.

24. Q. What may be done with a ham bone when the lean has been used?

A. It may be used to cook either with peas or bean soup or to be stewed with cabbage or spinach.

25. Q. How can the flavor of braised ham be made more delicate?

A. By rubbing the ham with brown sugar or molasses and spices.

26. Q. What is "Jambalaya"?

A. "Jambalaya" is a mixture of four times as much cooked rice as chopped ham with tomato pulp to moisten. Cooked in bacon fat. It should be highly seasoned.

27. Q. Give a good formula for "American sausage".

A. (a) Mix together 1 lb. each of finely chopped raw veal, fresh pork and shredded beef suet.

(b) Add 1 cup of fine crumbs, 1 grated nutmeg, 2 teaspoonfuls salt, grated rind of one-half lemon, 6 sage leaves and 1 teaspoonful savory herbs.

(c) Form into flat balls, roll in flour and pan-fry until well browned.

(d) Serve surrounded with fried tart apples.

28. Q. How should "Frankfurters" or "wienerwursts" be cooked?

A. They should be pricked with a fork in several places and then boiled for twenty minutes.

29. Give two recipes for sausage meat.

First recipe:

10 lbs. fresh finely chopped pork
2 teaspoonfuls red pepper
2 teaspoonfuls white pepper
3 tablespoonfuls salt
½ teaspoonful saltpetre
1½ teaspoonfuls powdered sage (dried)

Second recipe:

6 lbs. of fresh pork
1 clove garlic
1 teaspoonful red pepper
1 teaspoonful powdered thyme (dried)
2 large onions
1 tablespoonful salt
2 teaspoonfuls black pepper
2 powdered bay leaves
½ teaspoonful allspice

In both recipes, all the ingredients should be put through the food chopper together twice, then either packed into sausage casings or formed into flat balls, rolled in flour and pan-fried in drippings.

30. Q. What is the best method of making "head-cheese" or "souse"?

A. Put carefully cleaned pigs feet and a pig's head into a kettle and cover with cold water. Bring to a boil and let simmer until the meat falls from the bones. Strain off the liquid and season to taste with red pepper salt, and powdered sage. Fill bread pans with the meat and pour the liquid over them. Let cool until set. Some cooks do not strain off the liquid, but season the whole mixture and pour it into pans to set.

31. Q. To what other uses may pigs' feet and head be put?

A. They may be made into "scrapple" exactly like "veal scrapple" (see recipe). Pigs' feet may be boiled and then steeped in spiced vinegar when they are known as ***"pickled pigs 'feet"*** They should stand in vinegar for five days.

Pigs' feet may be made into ***"ragoût"*** by cooking them until very tender, then thickening the liquid in which they cooked with browned flour (2 tablespoonfuls to a cup of liquid) and seasoning with salt, pepper and allspice to taste.

32. Q. What vegetables should be served with pork?

A. Spinach,
braised cabbage,
potato salad,
cold slaw,
stuffed tomatoes,
cucumber salad,
beets,
salsify,
scalloped tomatoes.

33. Q. What relishes should be served with pork?

A. Spiced apples,
cucumber pickles,
sweet pickles,
chow-chow,
any tart jelly,
celery relish.

34. Q. What is the difference between Breakfast bacon and Windsor bacon?

A. ***Breakfast*** bacon is a cured ***loin*** or ***fat*** back of pork. ***Windsor*** bacon is a cured ***flank*** of pork and has much more lean meat than breakfast bacon.

35. Q. What is Wiltshire bacon?

A. Wiltshire bacon is the name given to the loin and the flank cured in one piece.

36. Q. What is "Gammon"?

A. It is the name given in England to cured leg of pork or ham.

37. Q. When should Windsor bacon be preferred to breakfast bacon?

A. For boiling with greens such as spinach or cabbage.

38. Q. How can pork jelly or "graisse de rôti" be made?

A. The skin of a leg of pork should be cooked in the same pan as the roast itself, and the liquid poured off, after seasoning into a bowl. When chilled, there will be a layer of fat on top and meat jelly beneath.

Meat recipes

Garnishes to be used with beef:

Stuffed peppers	Saratoga potatoes	Duchess potatoes
String vegetables	Fried onions	Fried oysters
Broiled green peppers	Fried tomatoes	Fried bananas
	Potato croquettes	Potato marbles
Spinach nests	French fried potatoes	Lemon cups or slices
Stuffed cucumber		

Sauces to be served with beef:

Béarnaise	Burnt onion	Créole
Madeira	Horseradish (hot)	Raisin
Cucumber	Italian	Maître d'hôtel
Bordelaise	Spanish	Mushroom

Vegetables to be served with beef:

Franconia potatoes	Stuffed onions	Braised green peppers
Fried squash	Lima beans	Fried tomatoes
Banana fritters	Broiled eggplant	Braised onions
Glazed carrots	Braised celery	Spinach
Buttered beets	Creamed turnips	Stuffed tomatoes

Roasts — Cuts:

Chuck roast: just above shoulder; furnishes chuck roast steaks. Roast should be pot-boiled and steaks pan-broiled; too tough for rapid cooking.

Porterhouse roast: next to wing roast towards rump: furnishes Porterhouse or T-bone steaks. Tender.

Round roasts: at top of leg, furnishes round steaks and meat for boiling. Roasts must be pot-boiled and steaks pan-broiled to get best results.

Sirloin roast (1): end of loin; furnishes Sirloin steaks.

Sirloin roast (2): far end of loin; furnishes Pin-bone steak.

Tenderloin roast: next to rump; furnishes Tenderloin steak of Pin-bone steaks.

Wing roasts: first cut at end of ribs towards rump; furnishes three Club or Delmonico steaks. Tender.

Steaks — Method of roasting:

Choose tender roast, either rib, rolled, Sirloin, Porterhouse, Wing or Tenderloin roast, never less than four pounds in weight.

Rub lightly with flour and put into very hot oven (550°) or rub frying pan with fat and sear meat quickly on both sides.

For ***rare*** meat, cook for 20 minutes at 550°, then for 15 minutes to the pound with 15 minutes for good measure at 350°.

For ***medium*** beef, cook 20 minutes at 550° and then 18 minutes to the pound with 15 minutes for good measure at 350°.

For ***well-done*** beef, cook 10 minutes at 550° and 24 minutes to the pound with 15 minutes for good measure at 350°.

Steaks:

Club or Delmonico
Flank
Tenderloin or Pin-bone
Porterhouse or T-bone
Point Sirloin
Porterhouse
Chuck
Sirloin
Fillets

Method of cooking:

(a) ***Broiling or grilling:*** Brush over with melted butter after having trimmed and then place on hissing hot, buttered broiler either above or beneath the flame. Lower the heat and let steak cook until puffy, and then turn to other side. Sear first on one side and then on other. The steak is done when the under side is puffy. Remove to hot platter and serve with any of the sauces enumerated above.*

(b) ***Pan-broiling:*** Place trimmed and carefully wiped beefsteak in hissing hot frying pan that has been buttered just enough to keep the meat from sticking. Finish like broiling.

(c) ***Hamburg:*** Cut tougher variety of beef through the chopper twice. Mix with a half cupful of cold water for every pound of meat and season with 1 teaspoonful salt, 4 drops tabasco, 1 teaspoonful grated onion and ⅛ teaspoonful nutmeg to the pound of meat. Shape into flat cakes, roll in flour and pan-broil.

Brisket: Tough part of meat at bottom of shoulder used for corned beef or pot-roast.

Fillet: The tenderloin of the whole beef, lying along the spine. May be cooked as roast, by being larded and rolled or cut into individual steaks and broiled. (See sauces for beef).

Hock or Shin: Tough meat that should be cooked very slowly for a long time; used for consommé and jellied meats.

Neck: Tough meat used for ragoût, beef steak or Hamburg steak.

Rump: At end of loin, used for pot-roast, beef tea, meat pies, hamburg steak or corned beef.

Tongue: Beef tongue may be had either fresh or salted. The salted or corned tongue is better for jellied tongue and salads, but for all others uses, the fresh tongue is best.

*Steak should be turned every 10 seconds for the first minute.

Method:

Corned or salted tongue:

Soak overnight in cold water. Change water in the morning and boil until perfectly tender. It will take 4 to 5 hours. Skin and put into mould. Cover with well-seasoned aspic in a garnished mould and set away to harden.

Fresh:

(a) Simmer until very tender, skin and sear in hot fat with 2 tablespoonfuls onion. Rub with 1 teaspoonful each of allspice and ginger mixed with 1 tablespoonful flour and sear in hot fat with 2 tablespoonfuls chopped onion. Put the tongue with the onion and fat into a casserole. Cover with cold water and add ½ cup raisins and the juice of a lemon. Bake for half an hour. If gravy is not thick enough, a little browned flour may be added.

(b) Prepare as in (a), only cover with tomatoes to which one chopped onion and 1 teaspoonful of mixed pickling spices have been added and stew for an hour. Serve surrounded with rice.

(c) Prepare as in (a), but when tender put in baking dish and cover with blackberry jelly beaten with a fork mixed with ½ cup of boiled raisins and the juice of a lemon. Cook in 350° oven for 10 minutes.

Veal

Good veal should be pinkish and of delicate fibre. If brown, it has been killed too long. If whitish, it has probably been killed too young.

Sauces to be served with veal:

Bechamel,	Tartar with capers	Egg sauce
Hollandaise	Spanish	Soubise
Mushroom (white)	Créole	Melba
Ham sauce	Sour cream	Olive sauce

The same garnishes may be used as for beef.

Vegetables to be served with veal?

Peas	Asparagus	Green beans
Boiled onions	Spinach	Potato balls
Potato croquettes	Braised celery	Cucumber, braised
Sweet potatoes	Corn	Young carrots
Creamed mushrooms	Brussel sprouts	Young turnips

Alsacian Veal Pie:

1 lb. lean veal diced, ½ cup raisins. Simmer veal and raisins covered with milk. When nearly done, thicken gravy with a little flour (1 tablespoonful to a cup of liquid) and then put into baking dish and cover with pastry. Bake in hot (400°) oven until well browned. Season highly.

Calf Brains:

Rinse brains in several waters and then cover with acidulated water to which is added a chopped onion. Cook until tender.

(a) Serve diced cooked brains with black butter sauce, or

(b) Serve diced brains in croustades mixed with half as much fried bacon, mild chopped onion and cream sauce.

Calf's Head:

Cut the meat off a thoroughly cleansed calf's head and cook in stock until tender.

(a) Fry pieces in hot fat after dipping them in fritter batter and serve with any of the veal sauces, or

(b) Serve the stewed pieces with any of the veal sauces, or

(c) Dip in seasoned milk and then in equal parts of bread crumbs and flour and fry.

Chops:

There are two kinds of veal chops, those from the ***loin*** and those from the ***ribs.*** The loin chops generally have a slice of kidney attached to them. It is a matter of taste as to which is the better of the two.

Deep-fried:

Dipped in seasoned milk then rolled in equal parts of bread crumbs and flour and fried in deep fat, then half covered with milk or water and baked in the oven until perfectly tender. They may be steamed until tender before being fried, in which case it is not necessary to bake them after frying.

Method:

After chops are well trimmed, they may be ***pan-broiled,*** brushed over with butter and broiled in a hissing hot slightly buttered frying pan until well done.

Oven-fried:

That is trimmed, dipped in seasoned milk then rolled in bread crumbs and flour, then put in buttered baking pan, brushed over with butter bacon fat or dripping and baked until well browned in the oven, surrounded with milk or water or half of each. (350°). To make chops more savory, mix 1 teaspoonful of savory herbs with the flour and bread crumbs in which they are rolled.

Cutlets:

Steaks cut from the leg, across the grain of the meat. They may be cooked exactly like chops and served with any of the sauces that go with veal.

Fricandeau:

Larded cushion of veal well glazed with its own gravy.

Headless Birds

Fill four-inch pieces of veal, flattened with a hammer with forcemeat and fasten up with a toothpick. Wrap a slice of bacon around each "bird" and sear in a hot pan. Cover with seasoned milk and bake at 350° for an hour or until tender. Thicken gravy.

Jellied Veal

Cook 2 or 3 pounds from a shoulder of veal until the meat falls from the bones in water in which an onion, a teaspoonful of pickling spices and a tablespoonful of vinegar have been stirred. Strain off juice and clarify if necessary. Fill decorated mould with pieces of cooked veal and then pour the liquid over the meat. (2 cups water to pound of veal).

Loaf

1½ lbs. raw veal put through the chopper twice, ½ lb. ham or fresh pork, 2 eggs, 1 cup dried bread crumbs, ⅛ teaspoonful nutmeg, juice of lemon, ½ teaspoonful grated lemon rind, 1 cup milk, 1 tablespoonful melted fat, 4 cups stewed or canned tomatoes.

(1) Mix all the ingredients except the tomatoes and pack into buttered bread pan or other plain mould. Pour the strained tomato juice over them and bake for 45 minutes in a 400° oven.

(2) Mix 4 cups or 2 pounds of raw veal put throughh the chopper twice with 1 cup tomato sauce No. 2*, ½ teaspoonful grated lemon rind, 1 medium sized onion, ⅛ teaspoonful nutmeg, 1½ teaspoonfuls salt, 4 drops tabasco, juice of ½ lemon and pack into buttered bread pan. Bake 45 minutes in 400° oven.

Mock Sweetbreads

1 lb. finely-chopped lean veal, 4 tablespoonfuls chopped fat pork, ⅔ cups fine bread crumbs, 2 beaten eggs, ⅓ cup flour, ½ cup rich milk, ½ teaspoonful salt, 3 drops of tabasco.

Method:

Mix all the ingredients and mould into flat oval cakes as much like sweetbreads as possible. Put in baking dish and dot over with butter and cover with chicken or veal stock. Bake for an hour at 350°, basting often.

Roasts — Cuts:

The leg, the loin or the shoulder. The latter may be boned and stuffed or a pocket cut into the flesh and stuffed.

*See pages 97-106.

Method:

Many cooks lard veal roasts as they consider them flavorless, but that is a matter of taste.

Rub with flour and dot with butter or suet and bake for 30 minutes in 500° oven, then for 20 minutes to the pound at 350°. Veal should always be well done. If cooked in a covered roaster, the initial temperature should be 550° rather than 500°, but it should be finished in the same way as beef.

Veal and Ham Pie:

Make a forcemeat of veal (1 cup chopped veal, ⅓ cup white sauce *No. 3 seasoned with onion, lemon rind, salt and pepper) and line deep-pie mould after having first lined the mould with hot water pastry. Fill mould with alternate layers of slices of raw veal and fresh pork with intervening layers of forcemeat.* Cover with pastry and bake for 1 hour or 2 according to size of pie. When cold, pour in liquid aspic and set away to cool. Ham may be substituted for the fresh pork.

*Using pork.

Poultry and Game

1. Q. What does the term "poultry" include?

A. All barnyard fowls such as chickens, ducks, geese, guinea hens as well as tame pheasants and pigeons.

2. Q. What is game?

A. Game is the name given to all ***wild*** birds and animals used as food. The flesh of game has a stronger flavor than the flesh of barnyard fowl.

3. Q. How long should a fowl of any kind be killed before being cooked?

A. Any tame or wild fowl should be cooked either within one hour of killing or after twenty-four hours. The flesh would be tough if cooked in the intervening time. It is even better to allow all fowl to "hang" for forty-eight hours.

4. Q. How can it be determined in purchasing poultry whether the fowl be young or old?

A. (a) Chickens or young fowl have pin feathers which are not evident on older fowl.

(b) The breast bone of a young fowl is pliable when pressed between the fingers whereas that of a hen is hard.

5. Q. What is meant by a "gamey flavor"?

A. The strong flavor that is developed when wild birds or animals have been "ripened" for several days or even weeks.

6. Q. How should a bird be plucked?

A. If an ***old*** bird, it should be scalded before being plucked, but with ***young*** birds, the feathers should be plucked, simply by pulling them towards the tail.

7. Q. How should a hen be scalded?

A. It should be plunged into rapidly boiling water and then quickly withdrawn and wrapped in paper and allowed to stand for twenty-minutes. The hair should be singed and the pin-feathers pulled out with the fingers or tweezers.

8. Q. How should a fowl or chicken be drawn?

A. (a) With a sharp knife cut off the head near the body.

(b) Cut away the legs just below the knee joint and draw out the tendrons.

(c) Cut away the skin at the neck and remove the windpipe and crop.

(d) Remove the oil-bag near the tail with a sharp knife.

(e) Make an opening on the right near the vent about two inches long and carefully remove the intestines, being careful not to break any of them. Throw away all the viscera except the heart, the liver and the gizzard. When the bird has been thoroughly cleaned let cold water run throuhg it, but do not let it stand in cold water.

9. Q. What should be done should the gall bag be broken and the gall touch the other organs?

A. Everything touched by the gall-bladder should be washed ***immediately*** in cold water.

10. Q. How should a bird be stuffed?

A. When all ready, it should be put into a bowl just big enough to contain it. Fill the upper part first with the forcemeat, then the vent so that the fowl will be three-fourth full, thus allowing space for the forcemeat to swell.

11. Q. How should a fowl be trussed?

A. (a) Hold the thighs near the body by passing a skewer through them.

(b) Do the same to hold the wings in place.

(c) Tie drumsticks with a string and fasten to tail, then bring the string around each end of lower skewer, again cross string and draw around ends of upper skewer. Fasten string at back of neck. If no skewers are used, tie up with string alone.

12. Q. What are broilers?

A. Broilers are chickens between three and six months old. They are also called "fryers", although in some places, fryers are older than broilers.

13. Q. How should birds be prepared for broiling?

A. They should be split down the back with a sharp knife, cleaned and then pressed out so as to break the breast bone. The birds should then be brushed over with melted butter mixed with one fourth as much lemon juice and broiled. They may be finished in the oven, once browned.

14. Q. How should a chicken be prepared for frying?*

A. (a) It should be cut down the back into two parts.

(b) The thigh should be removed and broken into the drumstick and the upper part of the leg.

(c) The wings should be removed.

(d) The breast should be divided into two parts down the front

*See chicken à la "Maryland."

15. Q. What should be done with chicken feet?

A. They should be scalded, then skinned and used for chicken soup or aspic.

16. Q. How should a fowl be boned?

A. Nothing but a fresh-killed fowl should be boned and they should not be drawn, but should be trimmed as if for roasting.

(a) Cut an opening down the back from the neck to the tail and with a small sharp knife, separate the flesh from the bone as far as the wing joint, (leaving the wing bone in) then continue separating the flesh from the bone down to the drumstick joint.

(b) Pull out the drumstick as one would a finger from a glove, trying not to break the skin.

(c) Remove the whole carcass at once and wash out the inside of the bird.

(d) Draw the skin from the legs inside the bird, like the finger of a glove turned inside out and sew up the opening on the outside.

(e) Stuff with forcemeat, made of either all chicken or equal parts of chicken and veal or chicken and pork.*

(f) Slices of uncooked bacon, hard-boiled eggs, truffles and mushrooms may be mixed with the forcemeat before putting it into the fowl. Some cooks pack the forcemeat around a boiled lamb's tongue before putting it into a fowl.

(g) Sew up the openings and steam an hour to a pound or braise in a casserole for the same time. It is always wiser to sew the bird up in a piece of white cotton to prevent its bursting should the forcemeat swell too much while cooking.

(h) Shape the fowl well while it is still hot and when cold remove the cloth.

17. Q. How may a boned fowl be finished?

A. (a) It may be put into a mould and covered with highly flavored aspic.

(b) It may be covered with a Chaudfroid sauce and then with a thin coating of aspic.

(c) It may be breaded and browned in the oven and served hot.

18. Q. What is a "Prime Roaster"?

A. A "Prime Roaster" is a chicken just one year old.

19. Q. What is a "capon"?

A. A "capon" is a rooster fattened under certain conditions that make the flesh especially white and tender.

20. Q. What three methods may be employed to keep chicken from getting hard while broiling?

A. (a) It may be covered with a tin plate while broiling.

(b) It may be parboiled before broiling.

(c) It may be partially roasted before being broiled.

*Make like chicken forcemeat.

21. Q. What is "smothered fowl"?

A. "Smothered fowl" is the name given to poultry of any kind that has first been roasted in the oven for half an hour and then covered with highly seasoned stock and baked in a covered pan for 45 minutes longer at 350 degrees or until tender. It is merely a form of braising.

22. Q. What is "Maryland chicken"?

A. "Maryland chicken" is chicken that is cut up for frying and then dipped first into beaten egg, then into seasoned flour and fried in hot fat or baked in a hot oven. If cooked in the oven, it must be frequently basted with 4 tablespoonfuls melted butter in ½ cup of hot water. It is served with a gravy made from the drippings in the pan and cream. (3 tablespoonfuls drippings and 1 cup of cream.) Maryland chicken may be either pan-fried or deep-fried as well as baked.

23. Q. What is the best way to cook a hen or old fowl?

A. It should be steamed and then served with some rich sauce. It may also be boiled, in which case a rack should be set in the bottom of the kettle. Old fowl should be boiled for at least 30 minutes to the pound. Some cooks add ½ teaspoonful of soda to every quart of water used to boil an old fowl.

24. Q. How should a boiled fowl be served?

A. (a) It may be surrounded with rice and served with any savory sauce such as egg, cauliflower, soubise, caper or Hollandaise.

(b) It may be brushed with butter and browned in the oven when it is served like a roast fowl.

25. Q. How should fowl be braised?

A. It should be stuffed and prepared as for roasting, then rolled in flour and put in a casserole with ½ cup uncooked rice, and any vegetables one chooses. It should be covered with 1 or 2 cups of boiling water and cooked well-covered until very tender, about an hour for a chicken and 2 or 3 hours for a fowl. Season well before serving. The vegetables, the most generally used are string beans, onions, Lima beans and carrots. Some cooks add bacon or salt pork.

26. Q. What is "fricassed chicken"?

A. "Fricassed chicken" is nothing but braised chicken cut into pieces and served with a thickened gravy, either white or brown. (For brown gravy, use browned flour.) The gravy in braised chicken proper should never be thickened.

27. Q. What is the best method of making a "chicken pot pie"?

A. Line a deep pudding dish with flaky pastry and fill with white chicken fricassee, mixed with boiled onions, or mushrooms. Cover with pastry and bake in 500-degree oven until pastry is well-colored, then finish at 350 degrees.

28. Q. How should a chicken be roasted?

A. (a) After having been carefully drawn and trussed as explained above, it should be stuffed with any savory forcemeat and rubbed with 1 tablespoonful salt.

(b) Put a small slice of bacon or salt pork under each wing and either rub with fat or cover with slices of bacon or salt pork. Some cooks lard the breast of chicken.

(c) Put fowl on a rack in a roasting pan and baste frequently, every 15 or 20 minutes with 2 tablespoonfuls fat in a ⅔ cups of hot water, or with the liquid in the pan.

(d) About 15 minutes before the bird is done, turn it on its breast so that the uices will run down into it.

(e) Just before removing from oven, brush over several times with melted butter and brown beneath the flame.

29. Q. Should fowl be rubbed with flour before roasting?

A. Some cooks do so to obtain a crusty surface. Flour may be mixed with the fat that is rubbed into the bird at the beginning of the roasting.

30. Q. How can one know when a fowl is sufficiently cooked?

A. A fowl is cooked when if tipped towards the tail end the juices run out clear. A skewer plunged into the thickest part will also indicate if the bird is sufficiently cooked.

31. Q. What is "chicken à la King"?

A. It is diced cooked chicken mixed with King sauce in the proportion of 2 cups of chicken to 2 cups of sauce. Many cooks use only the breast for "Chicken à la King". ((See "Sauces".)

32. Q. What are the best sauces to be served with chicken or fowl?

A.

Celery,	Newberg,	Mornay,
Chestnut,	Veloutée,	King,
Mushroom,	Chantilly,	Soubise,

33. Q. How many fillets have fowl?

A. Chickens have two fillets, the large and the small. Both lie along the breast bone.

34. Q. Why do many cooks always steam duck or goose before roasting them?

A. To draw off some of the fat that makes them indigestible.

35. Q. What are "giblets"?

A. Giblets is the name given to the inner organs of fowl consisting of heart, livers and gizzard. They often boiled, chopped and added to gravy. They may also be added to brown sauce flavored with sherry and served on toast. Some cooks chop them and add them to the stuffing of roast fowl.

36. Q. How may chicken livers alone be served?

A. They are often cooked "en brochettes", that is cooked on a skewer, the livers separated with small squares of bacon and their broiled in the oven. Some cooks wrap each chicken liver in bacon before broiling it.

37. Q. Are ducks trussed in the same way as fowl?

A. No, the legs, being shorter, they are tied in such a way as to be an inch apart.

38. Q. Should ducks and geese be dredged with flour in roasting?

A. No. because they are fat enough to brown well without the flour. Ducks and geese, if not previously steamed, should be roasted on a rack and the fat poured off about half an hour after the bird has been in the oven.

39. Q. What relishes should be served with duck?

A. Apple sauce, Currant jelly,
Cranberry sauce, Chutney,
Braised celery, Sweet pickles.

40. Q. What sauces are generally served with duck?

A. Bigarrade, Soubise,
Port wine, Madeira.

41. Q. What vegetables should be served with duck and goose?

A. Green peas, Sweet potatoes,
Braised celery, Mashed turnips,
Scalloped tomatoes, Stuffed onions.

42. Q. What is a "salmi"?

A. A "salmi" is a highly seasoned dish made of game with hard boiled eggs, anchovies and olives. The cooked meat is chopped, mixed with brown sauce, flavored with sherry or sour orange juice to which any proportion of hard-boiled eggs (diced), olives and anchovies may be added. Some cooks omit the anchovies.

43. Q. What are "squabs"?

A. "Squabs" are young pigeons, generally about a month old. They may be boned, braised, roasted or stewed. They are generally served on toast. They also make excellent pie.

44. Q. What does a short neck indicate in a turkey?

A. Poultry dealers hold that the shorter the neck, the better the bird.

45. Q. How does the flesh of a tame turkey differ from that of a wild one?

A. The breast of a wild turkey is dark.

46. Q. How does a hare differ from a rabbit?

A. A rabbit has a smaller body, and shorter legs and ears than a hare.

47. Q. How may the pine flavor be removed from hares?

A. By changing the water several times in cooking them. They are generally fricassed or "jugged", that is rolled in seasoned flour, covered with water, a teaspoonful of pickling spices, diced vegetables and cooked in a covered casserole in the oven until very tender.

48. Q. Why do some cooks wrap quail in grape leaves before roasting?

A. The grape leaves impart a very special flavor to the quail. Bacon should never be used when quail is cooked in this way, but the birds should be rubbed with butter.

49. Q. What is the difference between quail and partridge?

A. They belong to the same family, but partridges are larger than quail. Either bird may be cooked like chicken.

50. Q. What is a "green goose"?

A. It is simply another name for a gosling, or a young goose.

51. Q. How should a turkey be roasted?

A. Like chicken.

Farces

1. Q. What is "forcemeat"?

A. It is a combination of ingredients used to fill birds or boned meat or to bake in hollowed out vegetables.

2. Q. What are "quenelles"?

A. They are balls made of forcemeat, which are either fried or poached and used as garnishes for soups or deep meat pies.

Recipes for Forcemeats

Bombay Forcemeat

2 tablespoonfuls butter
2 medium onions, sliced
1 clove garlic
1 cup brown stock
4 tart apples, sliced
2 cups soft bread crumbs
¼ lb. finely chopped pork
½ cup minced celery
¼ teaspoonful Curry powder
1 teaspoonful celery salt
Salt and red pepper to taste

METHOD:

Panfry onions, garlic and celery in butter, then add stock with meat and apples and let simmer for 20 minutes. Add other ingredients and mix well. Let cool, then cook in bird.

Cheese Forcemeat

Plain forcemeat to which grated cheese is added to taste.

Chestnut Forcemeat

2 cups cooked chestnuts
1 teaspoonful grated lemon rind
1 teaspoonful minced parsley
1 cup bread crumbs
6 tablespoonfuls melted butter
½ cup hot water.

METHOD:

(a) Mash chestnuts while hot and add to melted butter mixed with the hot water and the bread crumbs.

(b) Season to taste with salt and Tabasco.

Chicken Forcemeat (for quenelles)

1½ chopped raw chicken breast
¾ cup milk, stock or cream
3 drops tabasco
1 cup dried crumbs
2 beaten egg whites
1 teaspoonful salt

METHOD:

(a) Put raw chicken through the chopper twice, then mix with stock or milk and bread crumbs.

(b) Add beaten whites and seasonings.

This forcemeat is often used to fill birds in aspic, or boned fowl. Some cooks use a little onion juice, about ½ teaspoonful with 1 tablespoonful minced green pepper cooked in butter to give a finer flavor. Truffles or mushrooms may be used with this forcemeat.

Corn Frocemeat

2 cups corn pulp
3 teaspoonfuls powdered celery leaves
2 tablespoonfuls minced green pepper
2½ cups bread crumbs
4 tablespoonfuls melted butter
1 tablespoonful chopped onion

METHOD:

(a) Cook the peppers and the celery leaves in the butter with the onion.

(b) Add the corn and the bread crumbs and season highly to taste.

Cream Chicken Forcemeat (for quenelles also)

1 lb. raw chicken, put through the chopper twice
2 unbeaten egg whites
¼ teaspoonful nutmeg or mace
3 drops tabasco
1 or 2 cups whipping cream
1 teaspoonful salt

METHOD:

(a) Pound the whites of egg in a mortar with the chopped chicken until like a very smooth paste.

(b) Set the pan containing the chicken mixture in a pan of ice water and gradually beat in the stiffy whipped cream. A little sherry may be added to enhance the flavor.

(c) Fill buttered timbale moulds three-quarters full and pocha in boiling water until firm in the centre, or use to fill boned chicken.

Egg Forcemeat

Add two diced hard-boiled eggs to any plain or potato forcemeat.

Fruit Forcemeat (for geese and ducks or boned pork)

Equal parts of tart apples and prunes which have been allowed to stand in boiling water for 5 minutes. Do not stuff cavity too full as the fruits swells while cooking.

or

1 large sour apple
¼ lb. prunes (stewed)
2 tablespoonfuls seeded raisins
½ teaspoonful sugar
2 tablespoonfuls cracker crumbs
½ egg, beaten
Salt and red pepper to taste

METHOD:

Peel and slice the apple and mix with the other ingredients.

Mushroom Forcemeat (1)

¼ lb. mushrooms
1 cup fresh bread crumbs
6 tablespoonfuls butter
2 tablespoonfuls minced green pepper
Salt and pepper red to taste

METHOD:

(a) Clean and chop the mushrooms and panfry with minced peppers for 5 minutes.

(b) Add other ingredients and cook together until well blended.

Mushroom Forcemeat (2)

1 lb. ham diced (cooked)
1 minced bay leaf
Salt and pepper to taste
2 lbs. minced mushrooms
1 pinch nutmeg
2 tablespoonfuls butter

METHOD:

Cook ham and mushrooms for 5 to 10 minutes, in butter. Let cool before using. Season highly.

Oyster Forcemeat

1 cup bread crumbs
1 cup oyster with liquor
2 teaspoonfuls minced parsley
4 tablespoonfuls butter
2 tablespoonfuls lemon juice
Salt and red pepper to taste

METHOD:

Mix all the ingredients. If there is not enough oyster liquor to thicken, add a little water. Fill bird without cooking the forcemeat.

Plain Forcemeat

2 cups diced bread
1 tablespoonful minced parsley
½ teaspoonful poultry dressing seasoning
4 tablespoonfuls melted butter
1 tablespoonful chopped onion
Salt and pepper to taste

METHOD:

(a) Cook the onion in the butter.

(b) Soak the bread in cold water and then squeeze dry and cook in butter when the onion has slightly browned.

(c) Add seasoning and a little water if not moist enough.

Potato Forcemeat (especially good for ducks and geese)

2 cups mashed potatoes (hot)
1 teaspoonful salt
1 tablespoonful butter
2 beaten egg yolks
2 teaspoonfuls grated onion
4 tablespoonfuls cream
1 teaspoonful powdered sage

METHOD:

(a) Cook onion in butter and mix all the other ingredients well.

(b) Combine two mixtures and cook for 5 minutes longer.

Raisin Forcemeat

Plain forcemeat to which 1 cup seeded raisins and ¾ cup blanched almonds have been added.

Sausage Forcemeat

1 lb. highly seasoned sausage meat
2 tablespoonfuls minced mushrooms
1 tablespoonful grated onion
1 beaten egg
1 tablespoonful minced parsley

METHOD:

Cook the parsley, onion and mushrooms with the meat for 10 minutes, then add the beaten egg, let cool and use to fill cavity in fowl.

Some cooks use only half a pound of sausage meat with cup of bread crumbs.

Savory forcemeat is highly seasoned plain forcmeat.

Sauces

1. Q. What is a sauce?

A. A sauce is a thickened liquid used with meat, vegetables or fish. When sweetened and flavored, it often accompanies desserts.

2. Q. What are the two great classes of sauces?

A. (a) ***Savory*** sauces, for fish, meat or vegetables.

(b) ***Sweet*** sauces, for puddings and charlottes.

3. Q. How are sauces divided with regard to consistancy?

A. (a) Sauce No. 1 or ***thin*** sauce (1 cup cold liquid, 1 tablespoonful flour, 1 tablespoonful shortening).

(b) Sauce No 2 or ***medium*** sauce, (1 cup cold liquid, 2 tablespoonfuls flour, 2 tablespoonfuls shortening).

(d) Sauce No. 3 or ***thick*** sauce, (1 cup cold liquid, 2 tablespoonfuls flour, 3 tablespoonfuls shortening).

(d) Sauce No. 4 or ***very thick*** sauce, (1 cup cold liquid, 4 tablespoonfuls flour, 4 tablespoonfuls shortening).

4. Q. What is the best method of making sauces?

A. (a) Melt the shortening and stir in the flour, either plain, or browned.

(b) Add the cold liquid gradually to begin with and then cook until thick. If a double boiler is not used, the sauce must be stirred all the time. All sauces containing cornstarch or flour should be cooked for at least 20 minutes to obtain the best results.

5. Q. In using a double boiler for making sauces, should the water in the lower part touch the bottom of the upper part?

A. No, as the cooking will be done much more quickly. In making sauces rich in egg yolks, however, such as Hollandaise, it is well to have the boiling water come up well around the sides of the pan containing the sauce.

6. Q. What is "roux"?

A. See chapter on soups.

7. Q. How should eggs be added to a hot mixture?

A. They should be well beaten and then blended with a tablespoonful or two of the hot mixture before being added to the whole quantity. If for a sweet sauce, they are generally beaten with the sugar.

8. Q. How should the beaten whites of eggs, be added to a "mousseline" sauce?

A. They should be stiffly beaten and then folded into the ***hot*** sauce.

9. Q. What are the liquids the most commonly used in making sauces?

A. Water, milk, cream, tomato juice, stock or fruit juice.

10. Q. How may sauces be thickened?

A. (a) By a ***"roux"*** white, blond or brown (see chapter on soups).

(b) By ***cornstarch,*** bearing well in mind that cornstarch thickens twice as much as flour.

(c) By ***tapioca or sago,*** 1 to 1½ teaspoonfuls pearl topioca or sago to every cup of liquid used.

(d) By ***whole eggs*** or ***yolks alone,*** 1 to 2 yolks for every cup of liquid used.

11. Q. What makes some sauces oily?

A. (a) Overcooking or

(b) Too large a proportion of shortening.

12. Q. What is mayonnaise?

A. A mayonnaise is salad dressing made by adding olive or any vegetable oil gradually to beaten eggs or evaporated milk. It should be highly seasoned and slightly acidulated with lemon juice or vinegar. (See recipe).

13. Q. What is "mock or hot mayonnaise"?

A. "Mock mayonnaise" is a white sauce No. 4 to which beaten yolks, vinegar or lemon juice have been added and which is seasoned highly to taste with salt and tabasco or red pepper.

14. Q. What are the chief varieties of mayonnaise?

A. Chantilly, Russian, Windsor, Italian (see recipes).

15. Q. What should be done if a mayonnaise curdles?

A. (a) Taking another egg, begin the mayonnaise all over again, using the curdled mayonnaise as oil, or

(b) Add to the curdled mayonnaise, 3 tablespoonfuls cornstarch cooked until thick in a cup of cold water. Combine mixtures as soon as the cornstarch mixture is taken from the stove.

(c) Often 3 tablespoonfuls of boiling water will make the curdled mayonnaise smooth again.

16. Q. How can mayonnaise be increased in case of emergency?

A. By adding an equal quantity of stiffly whipped cream or beaten egg whites.

17. Q. How can mayonnaise be jellied?

A. By dissolving 1 tablespoonful of gelatine in a tablespoonful of cold water for five minutes, then melting by setting dish containing gelatine in a bowl of hot water until melted and beating gradually into 2 cups ***cold*** mayonnaise.

18. Q. What is meant in cooking by the expression "masking"?

A. To "mask" is to completely cover a thing.

19. Q. What flavor is necessary for all really good tomato sauces?

A. The best cooks always use either ham or bacon fat as the basis of all their tomato sauces.

20. Q. In what sauces should bacon or ham fat never be used?

A. In white sauces.

21. Q. Why should lemon juice or vinegar always be added the last thing of all to sauces thickened with flour or cornstarch?

A. Because the action of the acid on the raw flour or cornstarch is such that the flour or cornstarch lose its thickening powers.

22. Q. How can a sauce be made richer?

A. By simply adding more butter in small quantities at the end. If added at the beginning or in large quantities at the end, the sauce will be apt to oil. By adding tiny pieces at a time, the sauce may be made to "digest" a much larger quantity ***without*** oiling.

23. Q. How can the flavor of onion or garlic be added to a mayonnaise or French dressing?

A. (a) By rubbing the bowl in which the dressing is made with a cut surface of garlic or onion.

(b) By using vinegar in which onion or garlic has been steeped for at least 24 hours.

(c) By using a "capon" or a piece of stale bread rubbed with the cut surface of an onion or clove of garlic. The "capon" should be placed at the bottom of a salad bowl where it will play the double role of giving the desired flavor and at the same time absorbing all the surplus liquid.

24. Q. Should lettuce be wilted before making a salad?

A. If curly lettuce is used, most Europeans prefer the lettuce to be crushed and marinated for at least an hour before serving.

25. Q. What is "marinating"?

A. Marinating means simply steeping in twice as much vegetable oil as vinegar for an hour or two.

26. Q. How may sauces be colored?

A. (a) ***Brown*** sauces are made with ***caramel*** or burnt sugar.

(b) ***Red*** sauces are made with ***lobster coral*** or ***cochineal.***

(c) ***Yellow*** sauces are made with ***egg yolk*** or ***saffron.***

(d) ***Green*** sauces are made with ***spinach juice.***

Recipes for Sauces

French Dressing or Vinaigrette Sauce

1 tablespoonfuls Trarragon vinega
6 tablepoonfuls olive oil or any vegetable oil
2 tablespoonfuls cider or malt vinegar
½ teaspoonful salt
3 drops of tabasco

METHOD:

Mix the ingredients that have been thorouhgly chilled and beat with a fork.

French dressing should not be mixed until just before serving it as the oil will separate from the vinegar.

For varieties of French Dressing, see Vashti, Yucatan.

General Method for Sauces

(a) Melt butter or other shortening and blend with flour.

(b) Add cold liquid gradually to begin with and cook until thick. If a double boiler is not used, sauces should be stirred constantly to prevent burning.

Hollandaise Sauce

3 egg yolks
½ cup boiling water
½ cup creamed butter
1 tablespoonful lemon juice

METHOD:

(a) Add well beaten yolks to butter creamed with 1 tablespoonful flour.

(b) Cook in bowl surrounded with boiling water until mixture thickens, beating all the time.

(c) Add boiling water and lemon juice and continue cooking and stirring until mixture thickens again. Remove from fire immediately. (See Mock Hollandaise).

Mayonnaise

1 whole egg, or 2 tablespoonfuls evaporated milk
1 scant teaspoonful mustard
4 drops tabasco sauce
2 cups olive or vegetable oil
1 scant teaspoonful salt
½ teaspoonful sugar
3 tablespoonfuls vinegar

METHOD:

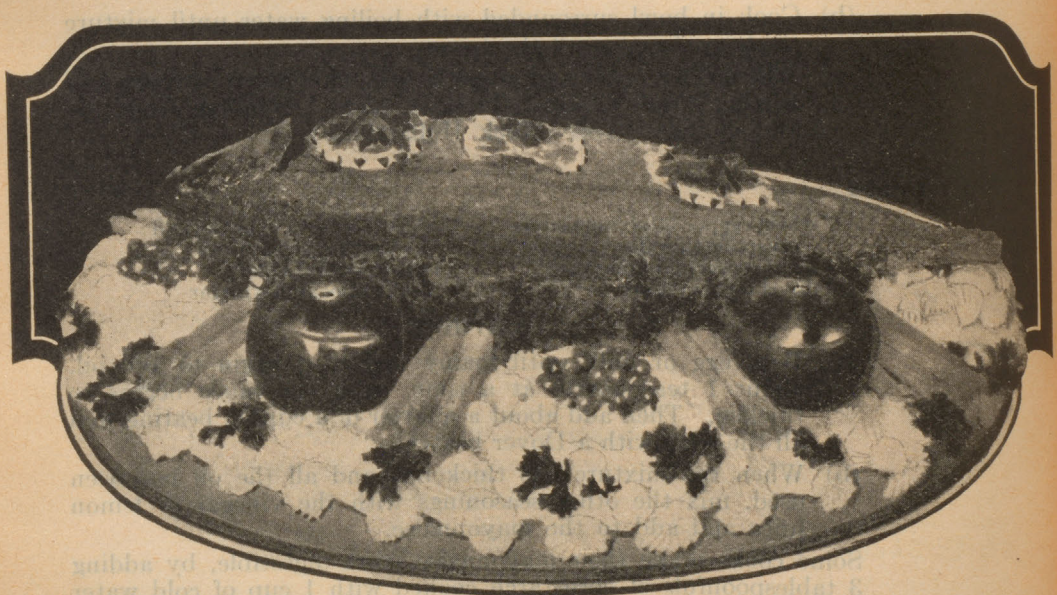
(a) Beat egg or milk until foamy and then begin to add oil, about 1 teaspoonful at a time, until the sauce begins to thicken. Then add about a quarter of a cupful, beating well all the time with a Dover beater.

(b) When the mixture has thickened and all the oil has been used, mix the other seasonings with the vinegar or lemon juice and add to the mayonnaise.

Some cooks make their mayonnaise more digestible, by adding 3 tablespoonfuls of cornstarch cooked with 1 cup of cold water until it is transparent. The cornstarch mixture should be added



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to the mayonnaise as soon as it is taken from the stove. The same cornstarch mixture may be used with a mayonnaise that has curdled to make it smooth again.

For varieties of mayonnaise, see Chantilly, Thousand Island, Russian, Figaro, Epicurian, Ravigote, Tyrolienne, Virginian, Vienna, Windsor, in the list of sauces.

Thin White Sauce or Sauce No. 1

1 tablespoonful butter or other shortening
1 cup cold milk
1 tablespoonful flour

Medium White Sauce or Sauce No. 2

2 tablespoonfuls butter or other shortening
1 cup cold milk
2 tablespoonfuls butter

Thick White Sauce or Sauce No. 3

3 tablespoonfuls butter or other shortening
1 cup cold milk
3 tablespoonfuls flour

Sauces Nos. 1, 2 or 3 are all made by the general method.

Butter Sauce is made like white sauce using water instead of milk.

List of Savory Sauces

(For Meat, Fish and Salads)

Admiral

1 cup thick white sauce with 1 tablespoonful capers, 1 teaspoonful chopped parsley and anchovy essence to taste.

Anchovy

1 cup medium rich white sauce seasoned to taste with anchovy paste or essence.

Bacon

1 cup thick rich white sauce with ½ cup crisp cooked shredded bacon.

Bearnaise

Hollandaise sauce made with Tarragon vinegar in which onions have been steeped or boiled.

Bechamel

White sauce made with equal parts of white stock and milk and highly seasoned. Sometimes cream is used instead of milk.

Bigarade

1 cup thick brown sauce mixed with ½ cup currant jelly, 1 tablespoonful lemon juice and grated rind of an orange.

Bitter-Sweet

1 cup Spanish sauce, 2 tablespoonfuls red currant jelly, 2 tablespoonfuls thick cream.

Black Butter

5 tablespoonfuls butter cooked until dark in color and blended with 2 teaspoonfuls Tarragon vinegar. Season with anchovy essence to taste.

Bohemian

4 tablespoonfuls grated horseradish, 2 teaspoonfuls vinegar, ½ cup milk, 1 teaspoonful sugar, 4 teaspoonfuls cracker crumbs, 1 teaspoonful mustard, salt and tabasco to taste. Cook in double boiler together for 5 minutes (small quantity).

Bordelaise

1 cup thick brown sauce (No. 3) seasoned with Port wine to taste, about 1 tablespoonful of wine with salt and tabasco to taste.

Bread

Cook an onion stuck with 6 cloves in 1 cup milk with 1 cup white stock, ½ cup fine bread crumbs, 2 tablespoonfuls butter and a pinch of nutmeg. Add salt and tabasco to taste.

Bretonne

1 cup rich white sauce with 4 tablespoonfuls each of cooked shredded leeks, celery and carrots.

Brown

Sauce made with bacon or ham fat, browned flour and stock. Onions are often cooked in the fat before adding the flour and sherry is often used to flavor the sauce. 1 tablespoonful chopped onions and 1 tablespoonful sherry to a cup of brown sauce.

Bulgarian

1 cup thick highly seasoned tomato sauce with ½ cup raw shredded celery.

Caper

1 cup thick rich white sauce, 1 tablespoonful vinegar and 1 tablespoonful capers or pickled nasturtium seeds. Salt and tabasco to taste.

Celery

1 cup white sauce with ½ cup chopped boiled celery. Season highly.

Chantilly

1 cup of mayonnaise or cold Hollandaise sauce mixed with 1 cup whipped cream. Season highly with salt and tabasco.

Cheese

1 cup thick white sauce with from 4 to 8 tablespoonfuls grated cheese. Blend and cook until cheese is melted. — Also called Mornay Sauce.

Chester

Equal parts of thick tomato sauce and Bearnaise sauce.

Chiffonnade

1 rule Vinaigrette sauce or French dressing with 2 tablespoonfuls each chopped parsley, pimentoes, 2 hard-boiled eggs, and 1 teaspoonful chopped shallot.

Cocoanut (Japanese)

1½ cups fresh grated cacoanut, mixed with 2 cups cooked shrimp and 1 cup milk.

Cucumber

1 cup chopped cucumber squeezed until dry, and then mixed with 1 cup whipped cream, 3 tablespoonfuls vinegar or lemon juice and seasoned to taste with salt and tabasco.

Cucumber (Dutch)

1 cup Hollandaise sauce to which ½ cup of grated cucumberr is added just before serving.

Currant Jelly

1 cup rich brown sauce (without onion) with 4 tablespoonfuls currant jelly and 1 tablespoonful sherry wine. Season highly with salt and tabasco.

Currant and Mint

½ cup currant jelly beaten with 1¼ tablespoonfuls chopped mint and ¼ grated orange rind.

Curry (1)

1 cup thick white sauce with 2 beaten yolks, and 1 teaspoonful curry powder.

Curry (2)

4 tablespoonfuls butter, 2 tablespoonfuls minced onions, 4 tablespoonfuls chopped ham, 4 tablespoonfuls chopped green pepper, 4 tablespoonfuls chopped celery, 4 tablespoonfuls chopped leek or onions, 2½ teaspoonfuls curry powder, 1 tablespoonful flour, 2 cups stock or milk, 2 yolks, 2 tablespoonfuls cream. Cook vegetables in butter and finish like any sauce.

Curry (Indian)

4 tablespoonfuls butter, 2 tablespoonfuls onion, 1½ teaspoonfuls curry powder, 2 teaspoonfuls curry essence, 1 tablespoonful rice flour, 2 cups milk or stock, 1 cup almond or cocoa nut milk, 1 teaspoonful grated green ginger, 1 teaspoonful currant jelly. Make like any sauce.

Cranberry

Cook 3 cups cranberries with 1¼ cups sugar and 1 cup boiling water together for 10 minutes. Skim and cool.

Creole

1 cup thick tomato puree with 1 cup brown stock, made with 4 tablespoonfuls bacon or ham fat, 4 tablespoonfuls browned flour, 3 tablespoonfuls chopped green pepper and 3 tablespoonfuls chopped onion. The pepper and onion should be cooked in the fat. Season highly with salt and tabasco.

Czarina

1 cup thick, highly seasoned brown sauce with 1 tablespoonful raisins, 1 tablespoonful chopped gherkins and 1 tablespoonful capers or pickled nasturtium seeds.

Daumont

1 cup of Hollandaise sauce made with fish stock instead of water and mixed with 1 tablespoonful each of chopped oysters and mushrooms.

Drawn Butter

1 cup stock or water in which vegetables have been cooked, made like any of the ***white*** sauces. An extra tablespoonful of butter may be added at the end to make it richer.

Denver

1 cup of whipping cream mixed with 1 teaspoonful mustard, 2 tablespoonfuls lemon juice and 1 teaspoonful salt.

Devil

Add 2 teaspoonfuls dry mustard, 2 teaspoonfuls Worcestershire sauce and 2 drops of tabasco sauce to ½ cup creamed butter.

Devonshire

1½ cups thick brown sauce, ⅓ cup currant jelly, ½ cup claret wine, 1 teaspoonful lemon juice and 3 drops of anchovy essence.

Digestive

1 cup thick Soubise sauce blended with 1 cup of apple sauce and 1 cup of thick tomato puree. Season highly.

Duchess

1 cup thick white sauce mixed with 4 tablespoonfuls of cooked mushrooms and 4 tablespoonfuls of cooked diced tongue.

Egg (Italian)

2 chopped hard-boiled eggs mixed with 3 anchovies, 3 chopped gherkins, 1 teaspoonful minced parsley, 1 teaspoonful onion juice, 2 yolks, 1 teaspoonful French mustard, and 3 tablespoonfuls lemon juice.

Epicurean

1 cup mayonnaise mixed with 4 tablespoonfuls each of raw diced cucumbers, sliced gherkins and chutney.

Fennel

1 cup thick rich white sauce, 1 tablespoonful chopped fennel with 2 teaspoonfuls of lemon juice or more to taste.

Fermière

1 cup thick brown sauce, mixed with 4 tablespoonfuls each of chopped cooked ham and fried onions.

Figaro

1 cup mayonnaise mixed with 1 cup thick creole sauce and 2 tablespoonfuls chopped cooked ham or bacon.

Flemish

1 cup thick brown sauce mixed with 4 tablespoonfuls chopped, cooked diced carrots, 4 tablespoonfuls chopped gherkins and 1 tablespoonful grated horseradish.

Grape Juice

1 cup thick brown sauce, ½ cup grape juice, 2 teaspoonfuls lemon juice.

Gooseberry

1 cup thick slightly sweetened gooseberry puree (cooked mashed gooseberries) with 2 tablespoonfuls thick cream.

Grenoble

1 cup Madeira sauce with 1 cup halved green or muscat grapes.

Ham

1 cup thick brown sauce mixed with 4 tablespoonfuls shredded cooked ham, 1 tablespoonful onions, shallots or chives. Flavor with lemon juice to taste.

Hollandaise

See recipe at beginning of chapter.

Hollandaise (Mock)

1 cup thick white sauce, mixed with 2 beaten yolks, 1 tablespoonful lemon juice and 1 tablespoonful butter. Use like real Hollandaise sauce. More butter may be added.

Horseradish (1)

2 tablespoonfuls currant jelly, 2 tablespoonfuls grated horseradish, ⅛ teaspoonful mustard, 2 tablespoonfuls lemon juice, 2 teaspoonfuls grated lemon rind.

Horseradish (2)

1 cup thick brown sauce, 4 tablespoonfuls grated horseradish, ¼ teaspoonful mustard, 1 tablespoonful vinegar, 1 teaspoonful powdered sugar. Cook together for a minute or two.

Horseradish (3)

3 tablespoonfuls cracker crumbs with ⅓ cup grated horseradish, 1½ cups milk, 3 tablespoonfuls butter, salt and tabasco to taste. Cook until thick.

Horseradish Cream

⅓ cup grated horseradish, 1 teaspoonful mustard, 1 tablespoonful vinegar, 3 tablespoonfuls thick cream, sweet or sour, 1 teaspoonful salt, 3 drops of tabasco. Beat cream and blend ingredients.

Hungarian

1 cup thick white sauce made with sour cream and mixed with ½ cup boiled chopped onions.

Italiano

1 cup thick brown sauce, flavored to taste with anchovy essence or paste, garlic, mustard and curry.

King

1 cup thick white sauce made with half cream and half white stock, 3 tablespoonfuls each chopped green pepper, mushroom and shallots or mild onion cooked in the butter used for the sauce.

Lemon

4 tablespoonfuls melted butter mixed with 1 tablespoonful lemon juice, salt and tabasco to taste. Chill before using.

Madeira

1 cup thick brown sauce, mixed with 1 cup thick tomato sauce and seasoned to taste with Madeira wine.

Maître d'Hôtel

Like lemon sauce with the addition of a teaspoonful of chopped parsley.

Maltese

1 cup thick white or brown sauce, mixed with 4 tablespoonfuls of sour cream and 4 tablespoonfuls meat glaze. Add 1 teaspoonful cooked fennel. Season with salt and tabasco to taste.

Marrow

1 cup rich brown sauce (thin), 1 tablespoonful minced onion, 1 tablespoonful chopped parsley, 1 tablespoonful lemon juice, ½ cup beef marrow cut in cubes, 1 tablespoonful Sherry. Add the other ingredients to the brown sauce and season highly with salt and tabasco.

Melba

1 cup thick drawn butter sauce mixed with grated rind of an orange, 2 tablespoonfuls lemon juice and 1 tablespoonful sherry wine.

Meunière

1 cup thick drawn butter sauce with 1 teaspoonful chopped chives and 1 teaspoonful minced parsley.

Mint

1 cup hot vinegar, ½ cup freshly chopped mint, 2 tablespoonfuls sugar.

Mornay

1 cup medium white sauce mixed with ½ cup grated cheese and stirred until smooth. Season with salt and tabasco.

Mousseline

1 cup white stock mixed with ½ cup thick cream and thickened with 3 tablespoonfuls butter blended with 3 tablespoonfuls flour, cooked together. Add 2 beaten yolks with 2 teaspoonfuls lemon juice and season with salt and tabasco.

Mushroom (1)

1 cup thick brown sauce mixed with 1 cup fried mushrooms.

Mushroom (2)

1 cup thick white sauce mixed with ½ cup chopped fried mushrooms and slightly seasoned with Sherry wine, about 1 teaspoonful of wine.

Newberg

1 cup thick cream, cooked with 1 tablespoonful flour, 2 yolks, and when thick, flavored with 2 tablespoonfuls sherry and a pinch of nutmeg. Some cooks prefer 1 tablespoonful each of brandy and sherry to sherry alone.

Olive

Add 5 stoned, chopped olives to 1 cup thick brown sauce.

Onion (1)

1 cup thick white sauce, mixed with 4 tablespoonfuls boiled chopped onions and 2 teaspoonfuls lemon juice.

Onion (2)

1 cup thick white sauce (No. 3), mixed with ½ cup fried onions and a pinch of nutmeg. Onion sauce is also known as "Soubise".

Orange

1⅓ cups of thick brown sauce mixed with juice of 2 small oranges, 2 tablespoonfuls sherry wine and grated rind of 1 orange. Season to taste with salt and tabasco.

Polish

1 cup thick white sauce made with sour cream and mixed with 4 tablespoonfuls each of grated horseradish and chopped fennel. Seasoned with lemon juice, salt and tabasco to taste.

Portuguese

1 cup rich sauce No. 3, made with equal parts of veal stock and tomato puree and seasoned with 1 teaspoonful chopped onion fried with a minced clove of garlic. Salt and tabasco to taste.

Port Wine

1 cup thick brown sauce mixed with 4 tablespoonfuls currant jelly and 2 tablespoonfuls Port wine. Season to taste with salt and tabasco.

Poulette

1 cup thick white sauce made with equal parts of cream and chicken stock and blended with the beaten yolks of 1 or 2 eggs and 2 teaspoonfuls lemon juice.

Ravigote

1 cup mayonnaise mixed with ½ teaspoonful each of chopped chervil, chives, tarragon and parsley. If ***boiled*** mayonnaise is used, Ravigote sauce may be served hot but with ***oil*** mayonnaise it must be used only when cold.

Robert

1 cup Spanish sauce, ½ tablespoonful sugar, 4 tablespoonfuls white wine, ½ tablespoonful dry mustard.

Roman

1 cup thick brown sauce mixed with 1 cup thick tomato sauce and 4 tablespoonfuls steamed Sultana raisins and pineseeds soaked for an hour in white wine. Pineseeds may be omitted.

Russian

1 cup mayonnaise, 1 cup whipped cream, 4 tablespoonfuls Chile sauce, 4 tablespoonfuls each of chopped shallots or mild onions, green peppers, capers, 1 tablespoonful tarragon vinegar Salt. and tabasco to taste. Combine ingredients.

Sicilian

1 cup thick brown sauce mixed with 1 cup thick tomato sauce and about ½ cup onion rings fried in butter. Highly seasoned with salt and tabasco.

Silesian

1 cup brown sauce No. 3, mixed with 3 beaten yolks, 2 teaspoonfuls chopped parsley, 1 teaspoonful grated onion, 1 pinch powdered tarragon leaves, 2 teaspoonfuls capers.

Soubise

See onion sauces.

Sour Cream

Like any white sauce.

Spanish (1)

1 cup rich brown sauce blended with ½ thick tomato puree, and mixed with 2 tablespoonfuls each of finely chopped raw ham, carrots, onions and celery cooked in butter. The butter used for cooking the vegetables should be blended with the flour to make the brown sauce.

Spanish (2)

1 cup rich brown sauce made with bacon or ham fat, mixed with 1 cup thick tomato puree, and flavored with 2 tablespoonfuls each of Sherry and Claret wine with 4 tablespoonfuls fried mushrooms. Use thick brown sauce.

St. Lawrence

½ cup olive oil, juice of ½ orange, juice of ½ lemon, 1 teaspoonful grated onion, tablespoonful parsley, 8 chopped olives, ¼ teaspoonful mustard, 1 teaspoonful Worcestershire sauce.

Supreme

1 cup thick white sauce (No. 3) made with cream and chicken stock in equal parts and seasoned with fried mushrooms (1 tablespoonful mushroom).

Tartar

1 cup mayonnaise mixed with 4 tablespoonfuls chopped gherkins or capers.

Tomato

Sauces made like white sauces (see beginning of chapter) only tomato puree is used instead of the milk. More complicated varieties of Tomato sauces are found under the titles "Creole" and "Spanish".

Trianon

Hollandaise sauce in which 1½ tablespoonfuls of water is replaced by 1½ tablespoonfuls Sherry wine.

Tyrolienne

1 cup mayonnaise mixed with 3 teaspoonfuls each of capers, parsley and finely chopped gherkins, then blended with 2 tablespoonfuls of tomato puree made by boiling down ½ can of tomatoes or 2 cups of stewed tomatoes to that quantity.

Vashti

1 cup of Vinaigrette sauce with 4 tablespoonfuls thick cream. Lemon juice rather than vinegar should be used in making the Vinaigrette sauce for Vashti dressing.

Velouté

Sauce of any thickness made like white sauce, but replacing the milk by highly seasoned white stock. This sauce is also called "Allemande".

Verjus

1 cup rich Spanish sauce to which ½ cup of chopped slightly green grapes or gooseberries are added. Season to taste with Sherry, salt and tabasco.

Victor Hugo

Hollandaise sauce to which ½ tablespoonful of grated horseradish is added for every cup of sauce used.

Vienna

1 cup mayonnaise mixed with 1½ tablespoonfuls chutney.

Vinaigrette or French dressing

3 tablespoonfuls of vinegar (preferably 2 of cidar or malt and 1 of Tarragon vinegar) 6 tablespoonfuls olive oil, ½ teaspoonful salt, 2 drops tabasco. Rub bowl with onion.

Virginia

1 cup mayonnaise mixed with ½ cup boiled rice.

Windsor

1 cup mayonnaise mixed with 1 hard boiled egg, cut into dice and 1 teaspoonful minced chives or mild onion.

Yucatan

1 rule Vinaigrette sauce made with lemon juice and blended with ⅔ cup chutney.

Vegetables

1. **Q. *How should all vegetables be boiled?***

   A. All vegatables should be boiled in salted boiling water until tender.

2. **Q. *What do you mean by :(a) salted water; (b) acidulated water?***

   A. (a) Whater that contains 1 teaspoonful ***salt*** for every cupful used.

   (b) Water that contains 1 teaspoonful ***vinegar*** or ***lemon juice*** for every cupful used.

3. **Q. *What is the difference between "simmering" and "boiling"?***

   A. (a) Water ***simmers*** at ***180 degrees*** or when the bubbles break on bottom of the pot.

   (b) Water ***boils*** at ***212 degrees*** or when the bubbles break on the surface of the liquid.

4. **Q. *What will remove the strong taste from onions?***

   A. Changing the water several times while they are cooking.

5. **Q. *How can you distinguish between a strong onion and a mild one?***

   A. ***Strong*** onions are ***red*** and ***mild*** onions are ***yellow*** or ***white.***

6. **Q. *How can you get the least possible odor from cooking cabbage or cauliflower?***

   A. By adding a good pinch of soda to the water in which cabbage or cauliflower are cooked.

7. **Q. *Why do cauliflower and cabbage sometimes turn green while cooking?***

   A. Because too much soda has been added. A piece of soda the size of a pea is about the quantity that should be added for every gallon of water used.

8. **Q. *Should tomatoes be cooked with soda to counteract their acidity?***

   A. No, because soda destroys the flavor of tomatoes.

9. **Q. *What should be used to counteract the acidity of tomatoes?***

   A. Most good cooks use sugar (1 teaspoonful to a cupful of stewed tomatoes).

10. Q. How should spinach be cooked?

A. After washing spinach thoroughly in hot water several times, it should be put into a pot without any water except that which adheres to it after washing. It may be either boiled or set in a colander and steamed until tender when it should be chopped with two knives or put through the food chopper.

11. Q. Why should spinach not be covered while being cooked?

A. Because it keeps its color better when it is cooked rapidly without a cover. Overcooking makes it dark.

12. Q. How should asparagus be cooked?

A. It should be scraped, the tough parts cut off, tied into a bundle and cooked in boiling water with the tips standing outside the water. Five minutes before it is done, it should be laid on the side to cook the tips.

13. Q. Should the water in which asparagus has been cooked be thrown away?

A. By no means. It should be put into the stock pot or used to make cream soup.

14. Q. How should all canned vegetables be treated after a can is opened?

A. They should be taken out of the can and be left in the open air for at least half an hour before serving them.

15. Q. Why is it dangerous to leave canned vegetables in the can after it has been opened?

A. Because the acidity of the vegetable might react with the metal of the can and form dangerous compounds.

16. Q. How should all dry vegetables be prepared before cooking?

A. All dried vegetables should be soaked overnight in plenty of water. They may then be cooked as fresh vegetables.

17. Q. What is the best variety of bean for baking?

A. The varieties the most used are Navy or pea bean. The smaller the bean, the better.

18. Q. What should be done with the water in which beans have been boiled?

A. It should be thrown away.

19. Q. How should beets be cooked?

A. They should be either boiled or baked, but in neither case should the leaves be cut too close to the root, or the beets will "bleed". Average sized beets take about an hour to boil, but it takes much longer to bake them.

20. Q. What are "Brussels sprouts" and how should they be cooked?

A. They are tiny cabbages that grow along a stalk and may be prepared like ordinary cabbage.

21. Q. Why should cabbage and cauliflower always be soaked for at least an hour in cold water before cooking them?

A. In case there should be any insects inside.

22. Q. What mistake is generally made in cooking corn on the cob?

A. It is generally cooked too long. Ten minutes hard boiling is quite enough for old ears of corn and five minutes suffices for freshly picked young ears. If it is cooked more than ten minutes, it hardens and has to be cooked for hours before it will get tender again.

23. Q. Should corn be boiled in its husks?

A. Some cooks prefer it that way, but it is not at all necessary. Some cooks soak corn that has been picked for sometime in sweetened water for an hour before cooking it.

24. Q. How may corn be preserved during the winter months?

A. It may be canned, be dried or frozen.

25. Q. How should cucumbers be prepared for salads?

A. A slice should be cut off one end and the cut surface rubbed with the slice until a thick foam appears, they may then be sliced and kept in cold salted water until needed.

26. Q. How can you tell whether cucumbers are fresh or not?

A. If they are soft, they are too long picked to be wholesome.

27. Q. Why is eggplant when fried, sometimes soft and soggy?

A. Because the water in the vegetable was not drawn out before frying.

28. Q. How should the water be drawn out of eggplant before frying or broiling?

A. The unpeeled vegetable should be sliced and packed in layers with a generous sprinkling of salt in between. It should be allowed to stand with a weight on top for at least an hour before frying. It should be then rinsed and dried.

29. Q. How should dried lentils be cooked?

A. They belong to the bean family and may be cooked in the same ways.

30. Q. What is broccoli?

A. Broccoli is a vegetable belonging to the cauliflower family and should be cooked in the same way.

31. Q. What should be done with lettuce that is slightly wilted?

A. It makes excellent "greens" when cooked like spinach. It is also good when shredded and cooked with green peas.

32. Q. What is "gumbo"?

A. "Gumbo" is a Southern vegetable much used for stews and soups. Its real name is Okra. It may be had in the North either dried or canned.

33. Q. What are chives?

A. Chives belong to the onion family but give their characteristic flavor through their leaves.

34. Q. How may parsley and lettuce be kept fresh?

A. They should be carefully washed and shaken dry then put into an air-tight jar or pail and kept in a cool place.

35. Q. What should be cooked with peas to give them a finer flavor?

A. Mint gives delicious flavor to green peas and should be used when ever possible.

36. Q. What are artichokes?

A. The name is given to two totally different vagatables:

(a) ***Jerusalem artichokes*** or a variety of tuber not unlike a potato.

(b) ***French*** or ***globe artichokes*** or a variety of thistle much used in Europe and the Southern states. Only the base of the leaf is edible in the French artichoke.

37. Q. Explain the terms: macedoine, scallop, marinade, mayonnaise.

A. (a) ***Macedoine*** is a combination of vegetables served as one.

(b) A ***"scallop"*** is a dish made by cooking alternate layers of raw or cooked vegetables with alternate layers of highly seasoned white sauce, topped with buttered bread crumbs.

(c) A ***marinade*** is a combination of oil and vinegar in which meat or vegetables are sometimes allowed to stand.

(d) A ***mayonnaise*** is an emulsion of vegetable or salad oil and egg made under certain conditions and highly seasoned.

38. Q. Mention some good "macedoines" or vegetable combinations?

A. (a) Corn and tomatoes.

(b) Carrots and peas.

(c) Lima beans and corn (succotash).

(d) Corn and mashed potatoes.

(e) Beets and string beans (marinated).

39. Q. What is the secret of good mashed potatoes?

A. (a) The potatoes must be freshly cooked and they must never have been allowed to cool between baking or boiling and serving.

(b) The milk or cream used should always be hot.

40. Q. How could you make soufflée or balloon potatoes?

A. It requires a special variety of potato known as "Dutch potatoes" to make soufflée or balloon potatoes. They are made to puff by cooking twice, first with the fat at medium temperature (325 degrees) and then allowing them to cool and plunging them into hot fat at 390 degrees whereupon they will puff at once.

41. Q. How should potatoes be sliced for souffled or balloon potatoes?

A. The slices should be about one-eighth of an inch thick and great care should be taken to make the slices even as otherwise, they will not puff. They should be ***very*** cold.

42. Q. Why should potatoes be pricked before baking them?

A. To let out the steam which would otherwise condense within and make them soggy.

43. Q. What ingredients go to make a soufflée?

A. 1 cup of white sauce Nos. 2 or 3 (according to the thickness of the main ingredient), 1 cup of meat, vegetable or fish purée, 3 eggs, beaten separately.

44. Q. What is the standard method of making any soufflée?

A. (a) Add the well beaten yolks to the white sauce and then stir in the meat, vegetable or fish purée.

(b) When mixture is cool, fold in the stiffly beaten whites of eggs.

(c) Cook in 375-degree oven for half an hour or in a larger pan of hot water in 350-degree oven for fifty to sixty minutes. Serve at once.

45. Q. What are vegetable timbals?

A. They are nothing but vegetable custards cooked in a mould.

46. Q. How should all timbals be cooked?

A. In buttered moulds in larger pan of boiling water set in the oven.

47. Q. How do you know when timbals or vegetable custards are done?

A. When they are firm in the centre.

48. Q. What precaution should be taken to keep vegetable custards from sticking to the bottom of a mould?

A. The bottom of the mould should be lined with buttered paper cut rather smaller than the bottom, so that the paper will fall out with the timbal and may be removed in such a way as to leave the bottom of the timbal smooth.

49. Q. What is "oyster plant" and how may it be kept white?

A. "Oyster plant" is another name for salsify. It should be scraped and dropped immediately into acidulated water or it will blacken.

50. Q. What do you mean by vegetables cooked "au gratin"?

A. Vegetables cooked with a cheese sauce and browned in the oven. They are a form of "scallop".

51. Q. How should mushrooms be first cooked?

A. They should be carefully peeled, washed and then fried in butter for five minutes. It is poor policy to boil them first as the greater part of their flavor is then lost. A little orange juice added when cooked brings out the flavor.

52. Q. May cucumbers be cooked?

A. They are excellent when boiled until tender in salted, boiling water and served with a rich butter sauce.

53. Q. What do you mean by "blanching"?

A. Blanching is a process of bringing vegetables to a boil first and then chilling in cold water.

54. Q. What effect has blanching on vegetables?

A. (a) It makes them shrink.

(b) It sets the color.

(c) It lessens strong flavors.

55. Q. When is "blanching" absolutely necessary?

A. Blanching is absolutely necessary when vegetables are to be canned. Otherwise, they will lose their color, shrink in the jars and often have a disagreable flavor.

56. Q. Name six vegetables that are excellent when stuffed.

A. Tomatoes, gree peppers, cucumbers, eggplants, squash and potatoes.

57. Q. How should all potatoes be prepared for frying?

A. All potatoes should be soaked in cold water for at least an hour before frying, then dried. If time to soak them is wanting, they may be washed several times or until the water is clear, then dried and fried in deep fat at 390 degrees.

58. Q. What is the best frying medium?

A. Crisco is use at the Cooking School, but good results may be had with any of the vegetable oils on the market or with equal parts of beef suet and leaf lard.

59. Q. What advantage has Crisco as a frying medium over animal fats?

A. (a) It does not absorb flavors and may be used over and over. again.

(b) It does not get rancid.

(c) It carbonizes at a very high temperature and is therefore less apt to burn.

60. Q. To what vegetables should a little sugar be added while they are cooking?

A. Beets, peas and tomatoes.

61. Q. Give two ways of making vegetables fritters?

A. (a) Dip pieces of cooked vegetables into fritter batter and then drop into hot fat at 375 degrees and cook until well colored. Drain on brown paper, or

(b) Add one beaten egg to every cup of mashed, well-seasoned vegetable and drop by spoonfuls into hot fat. Some cooks add 1 tablespoonful flour to every cup of vegetables before adding the beaten egg.

62. Q. Why should corn never be boiled in salted water?

A. Because salt hardens the tissues and makes the corn tough.

63. Q. Why are mashed potatoes sometimes granular?

A. (a) Because they have been re-heated, or

(b) Because cold milk or cream was used in creaming them.

64. Q. Why should French-fried potatoes be cooked at a lower temperature than Saratoga chips?

A. Because French-fried potatoes are thicker and if the temperature were too high they would cook on the outside before they were done within.

65. Q. What vegetables are particularly good for scallopping?

A. Potatoes, either raw or boiled, carrots, onions, cauliflower, asparagus and tomatoes.

66. Q. How does a tomato scallop differ from an ordinary scallop?

A. No white sauce should be used. The layers of tomatoes should be seasoned and covered with fine crumbs, the juice of the tomatoes should furnish the liquid for the sauce.

67. Q. Name six vegetables that are good for soufflées and timbals?

A. Green peas, tomatoes, asparagus, cauliflower, eggplant and potatoes.

68. Q. What do you mean by "poaching" a vegetable?

A. A vegetable may be poached by cooking in pan set in a larger pan of hot water in the oven.

69. Q. What is the difference between "dry steaming" and "wet steaming"?

A. (a) ***Dry steaming*** is simply the cooking of anything in a double boiler or poaching anything in the oven.

(b) ***Wet steaming*** is the cooking of anything by actual contact with steam as by putting a strainer containing food over a kettleful of boiling water.

Vegetable Recipes

Artichokes

Boiled

Served like boiled asparagus.

Asparagus

Boiled

Cook in boiling salted water until tender and serve with:

(a) Bechamel sauce.
(b) Hollandaise sauce.
(c) Drawn butter sauce.
(d) Chantilly sauce.
(e) Mornay sauce.
(f) Melba sauce.
(g) Lemon butter sauce,
(h) Trianon sauce,
(i) Velouté sauce.

Salad

Boiled, chilled and served with mayonnaise or French dressing in any form.

Beets

Baked

Scrub well, but do not peel. Dot with butter and bake in 350° oven until tender. Cover for half an hour. They take several hours to cook. Peel before serving.

Boiled

Cook, unpeeled in boiling salted water until tender. Serve with:

(a) Drawn butter sauce,
(b) Hollandaise sauce,
(c) Port wine sauce,
(d) Bitter-sweet sauce,
(e) Lemon butter sauce.

Fried (1)

Slice cooked beets, dip in fritter batter and fry in hot fat at 375°.

Fried (2)

Slice cooked beets and fry in butter.

Cabbage

Au Gratin

Put alternate layers of boiled cabbage and cheese sauce into a baking dish and cook for 20 minutes at 350°, browning beneath the flame, before serving.

Boiled

Cover with plenty of boiling water to which a good pinch of soda has been added and cooked in uncovered pan until tender.

Braised

Stewed in covered oven dish with

(a) ham or sausage,
(b) butter and vinegar,
(c) with sour cream to cover,
(d) with salt pork,
(e) with an equal part of sliced apples in stock to cover.

Meat Doves

Stuff large leaves of cabbage with ham or pork forcemeat (see "recipes") and cover with highly seasoned stock. Braise until tender in 350° oven.

Brussels sprouts being a variety of cabbage may be cooked much in the same ways as cabbage.

Salad

(a) Mix shredded raw cabbage with half as much diced onion and moisten generously with mayonnaise. This is called "Cold slaw".

(b) Mix with hot cooked mayonnaise. This is called "Hot slaw".

(c) Mix equal quantities of shredded raw cabbage and diced tart apples with ¼ as much grated mild onion and moisten with mayonnaise in any form.

Stuffed

(a) With pork or veal forcemeat.

(b) With sausage meat and bread crumbs in equal parts and braise.

Carrots

Baked

Cover slices of parboiled carrots with well seasoned cream and bake in 350° oven for half an hour. They may be covered with buttered crumbs.

Boiled

and served with:

(a) Port wine sauce,
(b) Bechamel sauce,
(c) Parsley butter sauce,
(d) Hungarian sauce,
(e) Lemon sauce,
(f) Bitter-sweet sauce (see "Sauces").

Braised

Stew diced carrots in stock to cover, adding 1 tablespoonful butter to every cup of stock until perfectly tender.

Fritters

(a) Dip parboiled carrots in fritter batter and fry in deep fat at 375°.

(b) Mix 1 cup mashed, well seasoned carrots with 1 beaten egg and fry by spoonfuls in hot fat (375°).

Glazed

Parboil until tender, then slice, fry in butter, sprinkle with brown sugar and cook until glazed.

Macedoine

(a) Mix equal parts of cooked carrots and peas with 1 tablespoonful butter to every cup of vegetables and season highly.

(b) Mix equal parts of cooked peas and diced carrots with half as much white sauce No. 2, slightly sweetened and flavored to taste with curry powder, about ½ teaspoonful curry to 1 cup sauce.

Cauliflower

Au Gratin

Put alternate layers of boiled or steamed cauliflower and cheese sauce into a baking dish and cover with buttered crumbs. Bake for half an hour in 350° oven, browning well beneath flame.

Boiled

Cook in plenty of boiling water with a pinch of soda for every quart, after soaking for an hour, head downward, in cold water, for an hour. It may be served with the same sauces as asparagus.

Braised

Put cauliflower into quarters and cover with stock, then cover with 3 or 4 slices of bacon and braise in oven in covered dish until tender.

Fritters

Dip boiled flowerets of cauliflower into fritter batter and fry in hot fat (375°). Drain on brown paper.

Mashed

Put boiled cauliflower through a puree strainer and mash with plenty of butter. Season with salt and pepper.

Riced

Put boiled, mashed highly seasoned cauliflower through the ricer and serve as riced potatoes.

Salad

(a) Cover boiled cauliflower with mayonnaise in any form and serve in a nest of lettuce.

(b) Cover boiled cauliflower broken into flowerets with any form of French dressing and garnish with cheese balls.

Celery

Au Gratin

Put alternate layers of boiled celery and cheese sauce No. 2 in a baking dish, sprinkle with buttered crumbs and bake in 350° oven for 20 minutes. Brown beneath flame.

Boiled

and served with:
(a) Bechamel sauce,
(b) Brown sauce,
(c) Creole sauce.

Braised

(a) Cook ½ cup diced bacon with 2 cups diced celery covered with stock in covered casserole for an hour at 350°, or
(b) Cook 2 cups diced celery in 1 cup well-seasoned gravy until very tender.

Fritters

Dip two-inch pieces of parboiled celery in fritter batter and cook in deep fat at 375° or fry in butter.

Corn

Boiled on the Cob

Plunge corn that has not been picked more than three hours into boiling water and, if very young, boil vigorously for five minutes. If older, it will require ten minutes cooking. Long cooking in salted water toughens corn.*

Custard

Add 1½ cups milk with 1 beaten egg, 2 cups corn pulp, 2 tablespoonfuls cornmeal, 1 tablespoonful salt to 2 tablespoonfuls chopped green pepper cooked in 2 tablespoonfuls bacon fat. Cook in baking dish in 350° oven until firm.

Fritters

Mix 1 can corn with 1¼ cups flour, 1 teaspoonful baking powder, 2 teaspoonfuls salt, 2 beaten yolks and 4 drops tabasco. Add sifted dry ingredients to liquids and drop by spoonfuls into hot fat at 360°. Drain on brown paper.

Roasted

Cook freshly gathered ears of corn, brushed with melted butter in a 400° oven from 20 to 30 minutes.

Soufflee (special)

Mix 1 can corn with 1 cup medium white sauce (No. 2) and 2 beaten yolks. Season highly and when cool, fold in stiffly beaten whites. Bake in 350° oven for half an hour. Serve immediately.

Stewed (1)

Add 1 cup milk to 2 cups of grated corn with 1 tablespoonful flour and 2 tablespoonfuls bacon fat. Cook until thickened.

*If cooked more than given times, it will take several hours to get tender again.

Stewed (2)

Cook 1½ cups grated corn with 3 tablespoonfuls butter and 1 teaspoonful each of grated onion and chopped green pepper. Either raw or cooked corn may be used.

Succotash

Mix equal quantities of cooked corn and Lima bean and season with pepper and salt and moisten generously with butter.

Succotash (Indian)

Stew equal parts of grated corn and tomatoes for 20 minutes with ¼ as much grated onion and season to taste with salt and tabasco.

Cucumbers

Boiled

Cut into balls and boil or steam until tender. Serve with the same sauces as asparagus.

Broiled

Dip parboiled slices (cut on the length) of cucumber into butter and then pan-broil. Serve with any savory sauce.

Fried

(a) Marinate peeled, quartered cucumbers in vinegar for an hour and then dip in fritter batter and fry in hot fat (375°). Drain on brown paper.

(b) Marinate as in (a) and then dip in beaten egg and roll in equal parts of flour and fine bread crumbs. Fry in hot fat at 375°.

Salad

(a) Slice cucumbers ***very thin*** and mix with as many mild onions sliced as thin as paper. Add French dressing and serve very cold.

(b) Hollow out peeled halves of cucumbers and fill with ham mousse (see "Entreer") and serve with mayonnaise in a separate bowl.

Stuffed

Hollow out halves of unpeeled cucumbers and fill with meat, preferably ham forcemeat mixed with the shredded cucumber pulp. Sprinkle with buttered bread crumbs or cheese and brown beneath the flame.

Eggplant

Baked

Cut off top and sprinkle with bread crumbs. Bake in 350° oven until tender.

Broiled

Prepare as for frying, then dip in melted butter and lemon juice (1 teaspoonful lemon juice to 2 tablespoonfuls butter) and pan-broil until tender.

Fried

Sprinkle slices of eggplant with salt and let stand for an hour under a weight. Drain off liquid and:
(a) Dip in fritter batter and panfry in butter or drippings.
(b) Dip in beaten egg with 1 tablespoonful milk and then in equal parts of fine bread crumbs and flour and either pan fry or deep fry at 375°.

Scallopped

Put alternate layers of cooked eggplant diced and cheese sauce into a baking dish and cook in oven at 350° until well browned, about 20 minutes.

Stuffed

(a) Cut in half without peeling and boil or steam until tender.
(b) Scoop out centre and mix with an equal quantity of bread crumbs and chopped ham, veal or fresh pork. Mix with 1 tablespoonful grated onion fried in butter and season highly. Sprinkle with crumbs and brown beneath flame.

Green Peas

Baked

Cover parboiled peas with seasoned cream and dot with diced bacon. Bake at 350° for half an hour.

Boiled

Cook shelled peas in plenty of boiling water until tender, then mix with cream or butter to moisten and add a crushed sprig of mint with a teaspoonful of sugar for every pint of peas.

Braised

Cover 2 cups of shelled peas with stock and add 2 diced slices of bacon and 4 tablespoonfuls grated mild onion. Cook in oven in covered dish in 350° oven until peas are very tender. Season highly.

Curried

Mix 1 cup boiled diced carrots with 1 cup cooked peas and moisten with 1 cup white sauce No. 2 seasoned with ½ teaspoonful curry and 1 teaspoonful sugar.

Fritters

Mix 2 cups mashed boiled peas with 1 tablespoonful butter, ½ teaspoonful baking powder and 2 well-beaten eggs, and season to taste. Drop by spoonfuls into hot fat (375°). Drain on brown paper.

Macédoine

(a) Mix equal parts of cooked diced carrots and boiled peas with cream or butter and season highly.
(b) Mix equal parts of boiled peas and Lyonnaise potatoes with enough cream or butter to moisten.
(c) Mix 1 cup each of boiled peas and cooked rice with 4 tablespoonfuls of crisp diced bacon and 1 teaspoonful grated onion, and cook in bacon fat in frying pan. Season highly.

Purée

Boil peas until very tender, then drain off water and put through sieve. Season with bacon fat and onion juice and pile in mould and surround with well-seasoned boiled rice. Either green peas or soaked dried peas may be used for this dish.

Soufflée

Mix 1 cup mashed well-seasoned cooked peas with 1 cup white sauce No. 3 and 3 well-beaten yolks. When cool, fold in 3 stiffly beaten whites and cook in 350° oven for 60 minutes or in larger pan of boiling water at 375° for 40 minutes. Serve immediately as it will soon fall.

Timbales

Mix 1 cup cooked, mashed peas with 1 cup milk and 1 beaten egg. Add 1 teaspoonful grated onion and 4 tablespoonfuls fine bread crumbs well seasoned. Pour into buttered timbale moulds, lined at the bottom with buttered paper and poach in boiling water in the oven until firm in the middle. Turn out of mould and serve.

Green Peppers

Baked

Parboil peppers for 5 minutes, then add about the same amount of thinly sliced onions and cook in butter until tender. Half fill ramekins and top with a poached egg. A delicious entree.

Broiled

Take out seeds, and broil over a hot fire until the edges curl. Spread with butter and serve with grilled steak.

Fried

Cut into rings at let soak for an hour in cold water, then dry, dip in seasoned flour and fry in butter until tender.

Stuffed

Cut off slice from top and take out seeds, then fill with:

(a) Forcemeat made with ham (see "Forcemeats").
(b) Rissotto.
(c) Equal parts of bread crumbs and highly seasoned tomatoes.
(d) Equal parts of mushrooms and bread crumbs fried in bacon fat.
(e) Stewed corn and fried green peppers.

Onions

Boiled

Cook peeled onions in plenty of water until tender, changing the water twice during boiling. Serve with any of the sauces suggested for asparagus except orange and Melba.

Braised (1)

Cook boiled onions or leeks in baking dish covered with cream until well browned (350° oven).

Braised (2)

Put glazed onions in baking dish and cover with seasoned cream. Cook until browned.

Fried

Cook thinly sliced onions in butter until well colored.

French Fried

Cut onions into ¼-inch slices, separate into rings. Dip in milk and then in flour and fry in deep fat at 380° until well browned. Drain on brown paper.

Glazed

Cook onions in boiling water until tender. Put into frying pan with 3 tablespoonfuls butter and 2 tablespoonfuls sugar and let cook gently until brown and shiny, being careful that they do not burn.

Scallopped

Put alternate layers of boiled onions and medium white sauce into baking dish and top with buttered bread crumbs. Brown beneath flame.

Soufflée

Mix 1 cup well-drained onion pulp with 1 cup No. 4 white sauce and beat in 3 yolks. Let cool and fold in stiffly beaten whites of eggs. Cook in soufflée dish at 325° oven for an hour or set dish in larger pan of hot water and cook at 375° for 40 minutes or until very light. Serve at once or it illw fall. Some cooks add a pinch of nutmeg to onion soufflée.

Stuffed (1)

Cook 3 Spanish or Bermuda onions cut in halves in boiling salted water until tender. Hollow out and mix chopped pulp with 1 cup bread crumbs, 1 teaspoonful savory herbs and 4 tablespoonfuls chopped nuts. Season highly and fill onion shells. Sprinkle with cheese or buttered crumbs and brown beneath flame. Some cooks surround with stock or cream and bake for 20 minutes.

Stuffed (2)

Prepare onions as above, but add as much cooked, chopped meat as onion pulp and fry with the crumbs in butter. Finish as above.

Parsnips

Baked

Fill baking dish with sliced parsnips fried in butter and cover with seasoned cream. Bake in 350° oven for 20 minutes.

Boiled or Steamed

Served with the same sauces as asparagus, omitting orange and Melba sauces.

Braised

Cook in casserole with bacon fat or pork until very tender. (2 tablespoonfuls fat for 1 cup cooked parsnips).

Fried

Dip slices of cooked parsnips in molasses and fry in butter.

Fritters (1)

Mix 2 cups boiled, mashed, well-seasoned parsnips with 2 cups flour sifted with 2 teaspoonfuls baking powder, 2 cups milk, 2 beaten eggs. Drop by spoonfuls into hot fat and fry until browned. Drain on brown paper.

Fritters (2)

Mix 1 cup well-seasoned, mashed parsnips with 1 beaten egg. Form into flat cakes and panfry in butter until well browned.

Fritters (3)

Dip slices of boiled parsnips into batter and fry in hot fat at 375 degrees until browned. Drain on brown paper.

Potatoes

Alpine

Form 3 cups highly seasoned, mashed potatoes into a mound on a flat dish and cover with Mornay sauce, then decorate with more mashed potatoes put through decorating tube. Brown beneath the flame in the oven. (See Illustration).

Anna

(a) Line a plain mould with thin slices of raw potato dipped in butter until mould is full, then bake in 350° oven until tender and unmould. Brown beneath flame in oven.
(b) Prepare as in (a), but sprinkle with grated cheese when unmoulded and brown beneath flame.

Baked

Scrub six medium-sized potatoes and prick with a fork all over. Bake in 550° oven until tender, about 45 minutes.

Boiled

They may be boiled in their skins or peeled. They may be left their natural size or cut into balls with a French vegetable cutter and served with:

(a) Drawn butter sauce,
(b) Hollandaise sauce,
(c) Cream sauce,
(d) Mornay sauce,
(e) Lemon butter sauce,
(f) Brown sauce,
(g) Bretonne sauce,
(h) Bacon sauce.

Broiled

Either raw or parboiled potatoes may be used:

(a) Dip in melted butter, after slicing, and pan-broil in hissing hot frying pan until well-browned.

(b) Dip in melted butter, then in seasoned flour and finish as in (a).

(c) Dip in melted butter, then in grated cheese and finish as in (a).

Chantilly

Fill a baking dish with highly seasoned mashed potatoes and then cover with stiffly whipped cream to the depth of half an inch. Sprinkle generously with grated cheese and brown in the oven.

Curate's Pudding

Mix 2 cups hot mashed potatoes with 2 well-beaten yolks, 1 tablespoonful butter and 3 tablespoonfuls lemon juice. Fold in 2 stiffly beaten whites and bake in 375° oven until puffed and well browned. Some cooks stir 1 cup grated cheese into the above ingredients. This is a form of soufflée.

Delmonico

Mix 2 cups diced, parboiled potatoes with seasoned cream to cover — about 1 cup — and sprinkle with chopped parsley and buttered crumbs. Brown beneath flame in oven.

Duchess

(a) Mix 3 cups well-seasoned mashed potatoes with 3 beaten yolks and add a good pinch of nutmeg. Pile into baking dish and brown beneath flame in oven.

(b) Prepare as in (a), but form into roses or stars on a buttered baking sheet and brown in oven. They may then be lifted with a spatula and used to garnish beefsteak or planked fish. Use decorating tube and canvas bag for roses.

Franconia

Put parboiled potatoes around a roast of beef and baste frequently with the drippings. Cook until well-browned.

French-Fried

Cut raw potatoes into eighth like the carpels of an orange and soak in cold water for an hour. Dry and cook ½ cupful at a time in hot fat at 375°. Drain on brown paper and sprinkle with salt.

Geneva

Fill small buttered, plain moulds with shredded raw potatoes and grated cheese in alternate layers. Bake in 350° oven until tender and then unmould and brown beneath flame in oven.

Homestead

Fill a baking dish with highly seasoned mashed potatoes and smooth over with a knife. Score with a fork and brish over with milk. Brown in oven beneath flame.

Italian

Cook thinly sliced potatoes in boiling salted water for 10 minutes. Drain and cover with white sauce No. 1 seasoned with 3 tablespoonfuls lemon juice and bake until tender.

Lattice

Cut potatoes into match-shapes and cook in hot fat at 390° until browned. Drain on brown paper and sprinkle with salt.

Lyonnaise

Brown 2 tablespoonfuls of grated onion in 2 tablespoonfuls butter and then add 2 cups diced, cold, boiled potatoes and cook in frying pan until brown.

Martinique

Boil and mash 4 medium-sized potatoes and mix with 3 tablespoonfuls cream, 1½ tablespoonfuls butter, 1 yolk, salt and tabasco to taste with a pinch of nutmeg. Cook on stove for 3 minutes, then fold in well-beaten white and mould between 2 buttered tablespoons. Place on buttered pan and bake until browned in 350° oven.

Mashed

Cook 6 medium-sized potatoes in boiling salted water until tender, then put through purée strainer and add ½ cup hot milk with 2 tablespoonfuls butter or ½ cup cream without butter and beat with a fork until very light. Never let mashed potatoes cool before serving as they should never be reheated.

Parisian

Cut balls the size of marbles from war potatoes with a French vegetable cutter and fry, ½ a cupful at a time, in hot fat at 375° until well browned. Drain on brown paper and sprinkle with salt.

Au Gratin

(a) Fill baking dish with alternate layers of sliced boiled potatoes and well-seasoned cheese sauce. Cover with buttered crumbs or grated cheese and brown in oven.

(b) Mix 1 cup cheese sauce No. 2 with 3 cups hot, mashed potatoes and pile into baking dish. Brush over with white of egg and brown in oven.

Potato Baskets

Hollow out halves of raw potatoes and fry like French-fried potatoes in hot fat at 375°.

Potato Border

Put small bowl into larger one and pack the intervening space with mashed, highly seasoned potatoes. Remove smaller bowl, then unmould, brush over with beaten white of egg and brown in oven.

Potato Cakes

Mix 2 cups highly-seasoned mashed potatoes with 1 teaspoonful each of grated onion and chopped parsley. Stir in 1 well-beaten egg and form into balls or flat cakes. Fry in a little butter or bacon fat until well browned on each side. Some cooks wrap the balls in a strip of bacon before frying.

Potato Croquettes

(a) Mix 1 beaten egg with 2 cups of mashed well-seasoned potatoes and stir in 1 teaspoonful minced parsley and 1 teaspoonful grated onion. Chill and form into croquettes or balls. Dip in egg beaten with 1 tablespoonful milk and then roll in equal parts of flour and fine bread crumbs. Cook in deep fat at 390° until well-colored, then drain on brown paper.

(b) Chopped raw celery or cooked green peas may be added to the potato mixture for variety.

Potato Fritters

(a) Mix 2 cups mashed potatoes (without milk or butter) with 2 well-beaten eggs. Season with salt and tabasco to taste and drop by spoonfuls into hot fat at 375°. When well browned, drain on brown paper.

(b) Mix 2 cups hot mashed potatoes with 2 tablespoonfuls cream, 2 tablespoonfuls wine, and 3 whole eggs and 2 yolks well beaten together. Add ½ cup flour and season highly to taste with salt and tabasco. Let fall by spoonfuls into hot fat at 375°. When well browned, drain on brown paper.

Potato Omelet

(a) Mix 2 cups Lyonnaise potatoes with ½ cup diced, cooked bacon, one beaten egg, ½ cup milk and 1 tablespoonful chopped parsley. Pour mixture into hissing pot omelet or frying pan with 2 tablespoonfuls bacon fat and cook over moderate heat until well browned.

(b) Mix 2 cups mashed, boiled potatoes with 1 cup hot milk, 2 tablespoonfuls butter and the beaten yolks of 2 eggs. Season highly and fold in the stiffly beaten whites. Cook either in an oven dish in a 350° oven or in hissing hot, well-buttered omelet pan until well puffed and brown.

Potato Soufflée

Mix 2 cups hot, mashed potatoes with 3 yolks, 1 cup hot milk, 1 teaspoonful grated onion, 1 tablespoonful lemon juice (not necessary). Fold in the stiffly-beaten whites of 3 eggs. Season highly and bake in 350° oven until very light and puffy. Serve at once.

Potato Timbales

Butter small timbale moulds and sprinkle inside with fine bread crumbs. Fill with highly-seasoned mashed potatoes and bake in 350° oven for 40 minutes or until they slip out of moulds easily.

Rector

Chop 6 medium-sized raw potatoes and cook with 3 tablespoonfuls bacon fat or butter until well browned. Stir in 1 tablespoonful chopped parsley and 2 well-beaten eggs and cook for a minute or two longer or until eggs are set.

Rustic

Cover 2 cups diced, raw potatoes with highly seasoned stock and bake in 350° oven until tender.

Saratoga Chips

Slice raw potatoes as thin as possible and soak for an hour in cold water, or rinse in very cold water until the water is clear. Dry with a cloth and fry about half a cupful at a time in hot fat Crisco or equal parts of beef suet and lard, at 390°. Drain on brown paper and sprinkle with salt.

Scallopped

Put a layer of thinly sliced raw potatoes into a baking dish and sprinkle generously with flour. Dot with butter. Fill dish with alternate layers of potatoes and flour and then cover with seasoned milk. Bake in 350° oven until tender, about an hour for deep dish.

Stuffed

Cut off a slice from tops of baked potatoes and scoop out centres. Fill potato shells with:

(a) Potato taken from skins mixed with 3 tablespoonfuls cream and 2 tablespoonfuls butter and 3 tablespoonfuls grated cheese. Re-fill potato skins and brown beneath flame.

(b) Potato removed from skins mixed with 1 cup finely chopped ham or fresh pork, mixed with 4 tablespoonfuls bread crumbs and 1 teaspoonful grated onion cooked in 1 tablespoonful bacon fat or butter. Re-fill shells and brown beneath flame.

(c) Potato taken from skins mixed with 4 tablespoonfuls finely chopped raw celery, 2 tablespoonfuls grated cheese, ½ teaspoonful onion juice and 4 tablespoonfuls cream. Re-fill skins and brown beneath flame.

Swiss

To 2 cups Lyonnaise potatoes add 1 cup croutons (see "Index") and 1 cup white sauce No. 2 made with equal parts of milk and stock. Heat and serve.

Viennese

Form mashed, well-seasoned potatoes into little loaves like Vienna bread and brush over with melted butter. Score with a knife and brown beneath flame.

Windsor

Cook like Scallopped potatoes, using stock instead of milk.

Salsify

Boiled

Serve with the same sauces as asparagus.

Braised

Cook in same way as parsnips.

Fritters

Prepare same as parsnips.

Scallopped

Fill baking dish with alternate layers of sliced, boiled salsify and highly seasoned white sauce. Bake 20 minutes in 350° oven.

Spinach

Boiled

Wash until free from grit in hot water. Cook without water until very tender, then chop, season highly and add 1 tablespoonful butter for every cup of cooked spinach. A pinch of nutmeg is a good addition. Some cooks do not chop.

Braised

Cook spinach in casserole with bacon until very tender. Serve with poached egg on top. (2 lbs. spinach, ½ lb. bacon).

Canapés

Serve creamed, highly seasoned chopped spinach on toast, garnished with hard-boiled eggs.

Mould

Fill a buttered mould with boiled, well-seasoned spinach to which 2 tablespoonfuls of butter have been added for every cup of spinach. Bake 30 minutes in 350° oven and unmould. Fill with potato balls and garnish with hard-boiled eggs.

Soufflée

Mix 3 beaten yolks with 1 cup white sauce No. 3 and 1 cup spinach *purée and fold in the stiffly beaten whites. Season highly and cook in 325° oven for 30 minutes or in 375° oven in larger dish of hot water for 30 minutes or until well puffed. Serve immediately.

Timbales

Mix 1 cup chopped, cooked spinach with 1 beaten egg, 1 cup milk and 4 tablespoonfuls bread crumbs. Season well and fill buttered timbale moulds. Cook until firm in centre in pan of hot water in oven. Unmould.

*Chopped spinach.



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4—SPONGE CAKE WITH BUTTER CREAM (pages 304 and 306)
5—WEDDING CAKES (page 229) 6—SMALL CAKES (page 230)

Squash

There are two varieties of squash, summer and winter. The best known varieties are Hubbard, Marrow and Turban.

Baked

Cuts squash into 2-inch pieces and allow for each square ½ teaspoonful molasses and ½ teaspoonful melted butter. Cover and bake for 30 minutes, then uncover and continue cooking for 20 minutes.

Boiled

Cut squash in thick slices and cook in boiling salted water until tender, about 20 minutes. Drain in chesse cloth on a strainer. Mash and add 2 tablespoonfuls butter for every pint of mashed squash. Season.

Fried (1)

Cook like fried eggplant.

Fried (2)

Dice and dip in beaten egg, then toss in a mixture of equal parts of seasoned flour and fine bread crumbs. Fry in hot fat.

Tomatoes

Baked (1)

Scald tomatoes and peel, then put in baking dish, sprinkle with buttered crumbs, mixed with 1 tablespoonful each of grated onion and chopped green pepper. Dot with butter and bake 20 minutes in 400° oven.

Baked (2)

Prepare as above but cover before baking with Devil sauce. Cook as above.

Devilled Tomatoes

Slice tomatoes, roll in flour and pan fry in butter. Put on platter and cover with sauce made by cooking 4 tablespoonfuls butter with 2 teaspoonfuls powdered sugar, 1 hard boiled egg mashed to a paste mixed with 2 tablespoonfuls vinegar and 1 egg slightly beaten until the mixture thickens.

Delmonico

Prepare tomatoes as for stuffed tomatoes and half fill with 3 chopped green pepper cooked with 4 tablespoonfuls chopped onion in 1 tablespoonful butter and ¼ teaspoonful soda. Fill other half of tomatoes with creamed sweetbreads and cover with buttered crumbs. Brown beneath flame.

Soufflée

Mix purée made by simmering 4 cups of canned tomatoes until reduced to 1 cup with 1 cup thick white sauce and 3 well-beaten yolks. When cool, fold in stiffly beaten whites and put in soufflée dish. Cook in 350° oven for an hour or set dish in larger pan of hot water and cook in 375° oven for 30 minutes. Serve immediately as it falls quickly.

Stuffed (1)

Cut slice from 6 tomatoes and hollow out. Mix pulp with ½ cup finely chopped cooked veal or ham, ½ cup bread crumbs, 2 teaspoonfuls grated onion and cook in 2 tablespoonfuls butter for 5 minutes. Add ½ teaspoonful of savory herbs and refill tomato shells. Cover with slice cut off and bake in 350° oven for 20 minutes.

Stuffed (2)

Fill tomato shells prepared as above with 1 cup crab meat mixed with 1 cup thick white sauce. Season highly, cover with buttered crumbs and bake for 20 minutes in 350° oven.

Stuffed (3)

Fill tomato shells prepared as above with Rissotto (see "Recipes") and brown beneath flame.

Virginian

Prepare tomatoes as for baked tomatoes and cover with 1 cup thin white sauce made with cream instead of milk. Bake for 20 minutes in 350° oven.

Turnips

Boiled

Dice boiled turnips and serve with:

(a) Cream sauce,

(b) Hollandaise sauce.

Mashed

To 2 cups mashed boiled turnips add 2 tablespoonfuls butter, salt and pepper to taste and pile in pyramids.

Salads

1. Q. What is a salad?

A. A salad is a cold dish made generally of green vegetables alone or in combination with diced cooked meat, shredded cooked fish, diced cooked vegetables or diced raw or canned fruit.

2. Q. What are the chief greens used in salad-making?

A. Curly lettuce,
Celery,
Cabbage,
Chicory,
Endive,
Fennel,
Iceberg lettuce,
Water cress,
Cucumbers,
Escarole,
Dandelion,
Swiss chard.

3. Q. What are the chief classes of salads?

A. (a) ***Meat salads,*** consisting of about equal parts of diced cold meat and chopped celery, cabbage or crisp lettuce, dressed generally with some form of mayonnaise.

(b) ***Fish salads,*** consisting of about equal parts of cooked shredded fish and chopped celery, cabbage or crisp lettuce, with some form of mayonnaise.

(c) ***Macedoine or vegetable salads,*** consisting of several kinds of vegetables cooked and diced or shredded and moistened either with French or mayonnaise dressing.

(d) ***Jellied vegetable salads,*** consisting of either one or several kinds of shredded or diced vegetables, cooked or raw, mixed with aspic flavored with lemon or vinegar, or with unsweetened lemon jelly and moulded.

(e) ***Fruit salads,*** consisting of one or several kinds of diced fruit, fresh or canned, moistened with French or Swiss dressing.

(f) ***Jellied fruit salads,*** consisting of one or several kinds of diced fruits, fresh or canned, mixed with slightly sweetened lemon jelly.

(g) ***Rice or macaroni salads,*** consisting of either fish or meat salad mixed with about one-fourth as much cooked rice and served with some form of mayonnaise.

4. Q. When should salad be served?

A. In France, salad is served with the main course in a small plate that is set to the left of the service plate, but in America and England, salad forms a separate course coming after the main course.

5. Q. What are the only salads that should be served at a formal dinner?

A. Only light vegetables salads served with French dressing in some form.

6. Q. What salads may be served at afternoon receptions or evening suppers?

A. (a) Chicken, lobster, salmon, shrimp, crab, oyster or sweetbread salads.

(b) Any jellied salad whether fruit or vegetable.

7. Q. What are the chief garnishes used for decorating salads?

A. Parsley,
aspic in cubes,
truffles,
cucumbers pickles,
sliced hard-boiled eggs,
lemon slices or cups,
grapes,
capers,
beet cups or slices,
riced hard boiled eggs,
tomato cups or slices,
cheese balls,
pimentoes,
nuts,
radishes cut like flowers,
cucumber cups or rings,
stuffed eggs,
stuffed or plain olives,
cherries,
apple rings or cups,
tomato jelly cubes,
water cress, shredded,
green pepper rings or cups,
grated cheese.

8. Q. How should salad greens be prepared?

A. They should be carefully washed in cold water and then shaken until dry or wiped with a cloth. They should be kept in a well-covered pail in cool place until needed. If no pail is available, they may be wrapped in a thick wad of dampened newspapers and kept in the ice-box.

9. Q. How should shredded lettuce be prepared?

A. It should be twisted into a tight roll and then torn apart with the fingers. A steel knife should never be used to cut lettuce with it as it spoils the fine flavor.

10. Q. What is the difference between the preparation of lettuce for salad in France and in America?

A. In France, most cooks take great care to see that their lettuce is well wilted before serving it, but in America, the crisper the lettuce, the better.

11. Q. How should shredded cabbage be prepared for salad or "Cold Slaw"?

A. It should be covered with boiling water and then drained and plunged into ice water. It will then be much more digestible as well as better flavored.

12. Q. How should iceberg lettuce be prepared?

A. It should be cut into eighths or thick slices with a silver knife and then covered with dressing.

13. Q. How should Romaine be served?

A. The leaves should be laid side by side on a plate and then moistened with salad dressing.

14. Q. How should cheese be served with salad?

A. (a) It may be grated and sprinkle over the salad.

(b) It may be moistened with cream, milk or mayonnaise and be formed into balls which may then be rolled in chopped nuts, if so desired.

(c) It may be moistened as in (b) and used to fill pepper or apple rings.

(b) It may be cut into tiny cubes and mixed with the other ingredients of the salad.

(e) It may be cut into tiny cubes and served with crackers.

15. Q. What kind of cheese is generally used for salads?

A. Cream and Roquefort cheese are the varieties the most often used for salads, but any kind may be used.

16. Q. Mention six ways of serving salads?.

A. (a) Individually on a small plate in a nest of shredded lettuce or on a lettuce leaf.

(b) In a salad bowl surrounded with lettuce leaves or shredded lettuce.

(c) In hollowed out raw vegetables such as tomatoes, cucumbers, apples or cooked beets.

(d) Vegetables moulded in acidulated aspic and fruit in lemon jelly.

(e) Aspic or lemon jelly moulded in a ring mould and filled with salad of any description.

(f) In baskets made of oranges or lemons.

17. Q. What should be served with salads?

A. Small rolls.
Tiny hot biscuits.
Bread sticks.
Swedish wafers.
Cheese straws.
Melba toast (very thin, unbuttered toast).
Unsweetened wafers.
Bread and butter sandwiches.

18. Q. Mention five ways of making potato salad.

A. (a) Mix 4 cups cold, diced boiled potatoes with 6 tablespoonfuls salad oil and toss in 3 tablespoonfuls vinegar and 4 tablespoonfuls grated mild onion, with 2 tablespoonfuls ***chopped*** parsley. Season to taste with salt and tabasco.

(b) Mix 2 cups diced, cold boiled potatoes with 1 cup diced raw cucumbers and 1½ tablespoonfuls shredded green pepper and 1 tablespoonful grated mild onion. Moisten with French dressing.

(c) Mix 2 cups cold riced potatoes with 1 cup chopped nuts and toss in 3 tablespoonfuls salad oil with 1 tablespoonful or more of vinegar. Add 1 tablespoonful grated mild onion and season highly with salt and tabasco.

(d) Add 2 chopped hard-boiled eggs with 1½ tablespoonfuls shredded green pepper to ingredients given in (a).

(e) Mix 1½ cups diced cold boiled potatoes with 4 tablespoonfuls cooked crisp bacon, 2 tablespoonfuls shredded green pepper and 1 tablespoonful grated mild onion. Moisten with 3 tablespoonfuls salad oil and 2 tablespoonfuls vinegar. Season highly with salt and tabasco.

(f) ***German Salad.*** Over 2 cups of thickly sliced cold boiled potatoes, pour 4 tablespoonfuls ***hot*** bacon or salt pork fat and then toss in 2 tablespoonfuls of vinegar (half Tarragon, half cider or malt) and add 2 tablespoonfuls sliced mild onions, salt and Tabasco to taste.

19. Q. Mention five ways of making salad with hard-boiled eggs.

A. (a) Sliced hard-boil eggs on bed of lettuce or other greens.

(b) Hard-boiled eggs hollowed out and stuffed with some other kind of salad.

(c) Hard-boiled eggs, stuffed with marinated spinach.

(d) Tomatoes hollowed out and filled with hard-boiled eggs and celery in equal parts with mayonnaise.

(e) 4 chopped hard-boiled eggs mixed with 4 tablespoonfuls each of diced celery, sliced olives, chopped nuts and sliced radishes. Dress with mayonnaise or French dressing.

20. Q. Mention five varieties of chicken salad.

A. (a) Mix 1 cup cold, diced cooked chicken with 1 cup chopped celery and enough mayonnaise of any kind to moisten.

(b) To ingredients in (a), add 1 cup diced tart apple, 2 tablespoonfuls green peas and 2 tablespoonfuls coarsely chopped nuts. Mask with mayonnaise.

(c) Mix ½ cup each of cold, cooked diced fowl, cooked sweetbreads, cooked diced chestnuts and shredded cucumber and moisten with mayonnaise or French dressing in any form.

(d) Mix ½ cup each of diced, cooked fowl, crisp cooked bacon and diced tomato. Mask with mayonnaise of any description.

(e) Mix ½ cup diced, cooked fowl with ½ cup fried mushrooms, ½ cup diced celery and 6 sections of grapefruit. Mask with mayonnaise.

(f) Fill individual moulds with any of the above salads and cover with liquid aspic. Unmould and serve on a bed of lettuce.

21. Q. Mention five ways of using tomatoes in a salad.

A. (a) They may be sliced and mixed with the other ingredients.

(b) They may be quartered or cut into eights and used to form a star.

(c) They be opened out like a poinsettia.

(d) They may be hollowed out and filled with other ingredients.

(e) They may be made into a jelly or mousse (see "Entrees").

22. Q. Mention five salads that may be made with sliced or quartered tomatoes.

A. Slices or tomatoes cut into either quarters or eighths may be sprinkled with:

(a) Grated cheese and grated onion.

(b) Grated mild onion and diced cucumber.

(c) Chopped hard-boiled eggs.

(d) Minced chives and finely chopped celery.

(e) Sliced cooked chestnuts and grated mild onion.

23. Q. Mention five ways in which hollowed out tomatoes may be stuffed for salad.

A. (a) Any vegetable salad with mayonnaise or French dressing.

(b) Diced cooked sweetbreads and celery in equal parts moistened with mayonnaise.

(c) Ham mousse.

(d) Shrimps, celery and mayonnaise.

(e) Creamed cheese mixed with half as much chopped olives.

Mayonnaise in any form may be used with all the above salads.

24. Q. What liquid should be used as the foundation of all jellied vegetable salads?

A. (a) Aspic jelly strongly flavored with lemon juice or Tarragon vinegar.

(b) Unsweetened lemon jelly.

25. Q. Name six vegetables that make excellent jellied salads either alone or in combination.

A. Asparagus, cucumbers, peas, cabbage, beets, string beans.

26. Q. What liquid should be used as the basis of all jellied fruit salads?

A. (a) Lemonade, allowing 1 generous tablespoonful gelatine for every 2 cups of liquid.

(b) Any fruit juice strongly flavored with lemon juice and allowing 1 tablespoonful of gelatine for every 2 cups of liquid.

(c) Ginger ale strongly flavored with lemon juice and slightly sweetened allowing a tablespoonful gelatine for every 2 cups of liquid.

27. Q. Mention five combinations of vegetables that make good macedoines or jellied vegetable salads.

A. (a) Peas, celery and diced cooked carrots.
(b) Shredded cabbage, pimentoes and celery.
(c) Diced mild onion, shredded celery, green pepper and pimentoes.
(d) Shredded cabbage, peas and celery with mild onion.
(e) Peas, diced apples, cucumbers and nuts.
(f) Cooked diced, beets, cabbage, celery and grated mild onion.

Slightly sweetened lemon jelly may be used as the liquid for all the above if served in jelly.

28. Q. What oils should be used in salad-making?

A. Besides olive oil, there are now many excellent vegetable oils on the market that may be used in making both mayonnaise and French dressing in any form.

29. Q. What are the chief forms of mayonnaise?

A. See: Mayonnaise, Epicurean, Ravigote, Tyrolian, Virginian and Viennese.

30. Q. What are the chief varieties of "French dressing"?

A. See French dressing, Vashti and Yucatan.

Special Recipes

Claridge Salad

2 cups grapefruit juice
½ cup sugar
1 cup grapefruit pulp
4 tablespoonfuls boiling water
1 tablespoonful lemon juice
2 tablespoonfuls water
1½ tablespoonfuls gelatine

METHOD:

(a) Dissolve gelatine in cold water for 5 minutes and then melt in sugar and boiling water cooked together for 5 minutes.

(b) Fill moulds with shredded grapefruit pulp and pour over the fruit juices mixed with the gelatine dissolved in sugar and boiling water.

Serve diced in hollowed out grapefruit shells, garnished with softened cream cheese and moistened with French dressing. To soften cream cheese, add milk with a fork until of the right consistency to put through decorating tube. (See illustration).

Ginger Ale Salad

2 tablespoonfuls gelatine
¼ cup boiling water
4 tablespoonfuls lemon juice
6 tablespoonfuls diced Malaga grapes
6 tablespoonfuls diced apples
2 tablespoonfuls sliced pineapple, diced
2 tablespoonfuls cold water
1 cup ginger ale
4 tablespoonfuls ginger syrup
6 tablespoonfuls sliced celery
2 tablespoonfuls shredded preserved ginger

METHOD:

(a) Dissolve the gelatine for 5 minutes in the cold water and then melt in the boiling water.

(b) Combine all the liquids and pour over the prepared fruit in a mould. The ginger syrup is from preserved ginger and may be omitted.

Jewel Salad

2 tablespoonfuls gelatine
¾ cup cold water
½ cup diced cucumbers
½ cup sugar
¾ cup lemon juice
2 cups diced cooked pineapple

METHOD:

(a) Dissolve gelatine in 4 tablespoonfuls cold water and then melt in boiling water with sugar and lemon juice.

(b) Mix with pineapple juice and pour over mixed diced pineapples and cucumbers. Raw pineapple should always be scalded before being jellied. Canned pineapple may be used with excellent results in the above recipe.

Sardine Salad de Luxe

12 larges sardines
1 teaspoonful Worcestershire sauce
2 drops tabasco
1 large cucumber
½ cup French dressing
Lettuce

METHOD:

(a) Rub sardines to a paste and mix with Worcestershire sauce and tabasco.

(b) Slice cucumber very thin and arrange on lettuce leaves.

(c) Form sardine mixture into balls and place in cucumber "nest".

(d) Cover with French dressing.

Yeast Bread

1. Q. What are the two great classes of bread?

A. ***Slow-rising*** bread, or bread made with ***yeast.***

(b) ***Quick-rising*** bread, or bread made with ***baking powder*** or ***soda*** and ***an acid.***

2. Q. What is yeast?

A. Yeast is a microscopic plant, that like all other members of the vegetable kingdom gives off carbonic gas when growing in the dark.

3. Q. What conditions are necessary for the development of the vitality of yeast?

A. (a) sugar,

(b) warmth,

(c) moisture.

4. Q. What is the ideal temperature for yeast growth or fermentation?

A. 82 degrees Fahrenheit is considered the ideal temperature, but yeast will ferment more or less quickly between sixty and ninety degrees.

5. Q. What are the three chief classes of yeast?

A. (a) ***Liquid yeast,*** made by using hops under certain conditions,

(b) ***Dry yeast*** or a mixture of dry yeast plants and cornmeal.

(c) ***Compressed Yeast.***

6. Q. What is the most commonly used yeast?

A. In places where it is procurable, compressed yeast is the most popular but dry yeast gives good results when the ***indirect*** method of fermentation is used.

7. Q. What advantages has dry yeast over compressed yeast?

A. Dry yeast retains its vitality much longer than compressed yeast.

8. Q. What is the average life of a cake of dry yeast?

A. Six months is considered the average life of a cake of dry yeast, but it has been used with fair results after two years.

9. Q. How long may compressed yeast be kept?

A. Under good conditions, compressed yeast will retain its vitality for a fortnight.

10. Q. Under what conditions does compressed yeast best retain its vitality?

A. (a) It may be kept in its silver foil covering, in a dry cool place,

or

(b) it may be dissolved in cold water, one cake to a cup of water, and kept in a cool place. It should then be used as liquid yeast, replacing both the yeast and a cupful of the liquid called for by the recipe.

11. Q. What advantage has compressed yeast over dry yeast in bread-making?

A. Bread may be made much more quickly with compressed yeast than with dry yeast.

12. Q. How can you tell whether the vitality of compressed yeast is unimpaired?

A. (a) Fresh yeast is brittle and does not stretch when broken apart.

(b) Fresh yeast has a cheese odor rather than a rancid one.

13. Q. How can the amount of yeast be used in bread-making be computed?

A. One ounce or cake of either dry or compressed yeast can raise one pound (three cups) of flour in one hour and a half at an ordinary room temperature.

14. Q. On what principle do some people keep compressed yeast stored in a box of salt?

A. Salt excludes both heat and moisture, two essentials of fermentation.

15. Q. How many kinds of fermentation are there?

A. Two kinds of fermentations are recognized in bread-making:—

(a) direct, and

(b) indirect.

16. Q. How does DIRECT fermentation differ from INDIRECT fermentation?

A. In ***direct*** fermentation, ***all*** the flour is added to the liquid in which the yeast is dissolved with the other ingredients at the outset.

In ***indirect*** fermentation, only ***half*** the flour is added to the liquid containing the dissolved yeast, for the first fermentation.

17. Q. Which is the better, direct or indirect fermentation?

A. Nothing whatever is to be gained by using the indirect method of fermentation with compressed yeast, but it ***must*** be used with dry yeast.

18. Q. What other name is sometimes given to the indirect method?

A. It is sometimes called the "sponge", because the mixture of the liquid containing the dissolved yeast with half the flour is known as "a sponge".

19. Q. How does sugar affect fermentation?

A. A small amount, 1 teaspoonful to a cup of liquid, hastens fermentation, but more than that retards fermentation.

20. Q. What role does salt play in bread-making?

A. (a) It whitens the crumb.

(b) It delays fermentation.

(c) It gives a better flavor to the finished loaf.

21. Q. What is meant by strong flour?

A. Flour strong in gluten that is flour made from hard wheat.

22. Q. Why is flour rich in gluten particularly good for bread-making?

A. Because gluten is the elastic principle of flour and gives a much better shape and texture to the finished loaf.

23. Q. Under what conditions does dough sour during fermentation?

A. (a) When the dough rises at too high a temperature.

(b) When milk was not fresh.

(c) When the dough rises at too low a temperature or takes too long to double its volume.

24. Q. If you had no thermometer, how could one know whether the temperature of the dough was right during the period of fermentation?

A. The dough should feel lukewarm to the touch.

25. Q. How long should dough be kneaded before being set to rise?

A. Until an indentation made with the first finger fills up quickly when the finger is removed.

26. Q. Is there any advantage to be gained by kneading dough a long time?

A. None whatever. The only purposes of kneading is to spread the yeast evenly throughout the dough.

27. Q. To what point should dough rise?

A. Until the dough has doubled in bulk. To let it rise higher, would only be to risk having the dough get sour.

28. Q. How can one tell whether the dough has doubled its volume or not?

A. When an indentation made in the dough with the first finger ***does not*** fill up rapidly, it is a sign that the yeast has spent its force.

29. Q. In the indirect method to what point should the "sponge" be allowed to rise?

A. Until the "sponge" when touched with the finger falls immediately.

30. Q. How shortening should be added to dough?

A. (a) By adding the melted shortening to the lukewarm liquid in which the yeast has been dissolved. The shortening should be cooled.

(b) By adding the melted, cooled shortening after half the flour has been added to the liquid, or

(c) By working the solid shortening into the flour to be used in bread-making.

31. Q. Which is the best method of adding the shortening to the dough?

A. It is all a matter of taste as the methods give slightly different textures.

32. Q. How should eggs be added to bread dough?

A. (a) They may be well beaten with the sugar and added after half the required amount of flour has been added to the liquid containing the dissolved yeast.

(b) They may be added, one at a time and well beaten with the "sponge".

33. Q. How should egg whites alone be added to bread dough?

A. They should be stiffly beaten first and then added like whole eggs.

34. Q. When may brown sugar or molasses be used in bread-making?

A. They are to be preferred to white sugar in making all breads or rolls calling for whole wheat or Graham flour.

35. Q. What role does shortening play in bread-making?

A. (a) It gives a shorter, richer texture to the finished loaf.

(b) It gives a better flavor.

36. Q. What liquids may be employed in bread-making?

A. The most commonly used liquids are water and milk either alone or in combination, but bread may be made with cream or any fruit juice.

37. Q. How may fermentation be hastened?

A. By increasing the proportion of yeast.

38. Q. Is there no danger of having the finished loaf taste of yeast, if a large quantity of yeast is used?

A. Not if the yeast is allowed to spend its force before the bread is baked.

39. Q. What conditions affect the porosity of bread?

A. Bread raised at a high temperature is more porous than bread raised at a lower temperature. The temperature may vary from sixty-five to ninety during fermentation without fatal results to the dough.

40. Q. Why should dough be cut down several times in making rolls?

A. Dough that has been cut down several times has a much finer texture than dough that has been given but one rising.

41. Q. What is meant by "cutting down"?

A. It means simply to arrest the fermentation. It may be done by simply cutting through the dough with a knife or by crushing it down with the hand.

42. Q. How should rolls be glazed?

A. (a) Just before putting rolls into the oven, they should be brushed over with a well-beaten egg diluted with one teaspoonful of milk. Yolks alone may be used instead of the whole egg.

(b) Rolls may also be glazed by crushing them over with a liquid made by cooking one teaspoonful of cornstarch in half a cupful of cold water until like cream.

43. Q. Is it necessary to scald the liquid in making bread?

A. It is a wise precaution to arrest all souring of the dough. Bakers pretend that bread made with sterilized liquid keeps better than under other conditions.

44. Q. Why should loaves be dampened before being set to rise?

A. So that a crust will not form during the period of fermentation.

45. Q. Where should dough be set to rise?

A. In a warm place free from draughts. A corrugated cardboard box makes an excellent bread raiser.

46. Q. What precaution must be taken if the pan containing the dough is set in a larger pan of warm water during the period of fermentation?

A. The dough should be turned from time to time so that the heat may be equalized.

47. Q. What should be the temperature of the water in the bowl in which a pan of dough is set to rise?

A. It should be about one hundred and twenty-five Fahrenheit or just warm enough to be able to count at least twenty-five with one's hand plunged into it.

48. Q. What recipe should be used for making bread with Graham whole wheat or rye flour?

A. Any recipe for white flour may be used, replacing half of the white flour by anyone of the given flour and using brown sugar rather than white.

49. Q. At what temperature should bread be baked?

A. The initial temperature of the oven should be 400 degrees Fahrenheit, but after the loaves have begun to brown in spots, the temperature should be lowered to 350 degrees until the bread is cooked.

50. Q. How long should it take a pound to bake?

A. About an hour.

51. Q. What are the indications that bread is cooked?

A. (a) When a loaf of bread is done, it slips easily from the pan.
(b) Freshly cooked bread has a characteristic odor that is quickly recognized.

52. Q. How can one gauge the number of loaves that may be made from a given quantity of dough?

A. By the cups of liquid used, counting one cupful of liquid for every pound loaf.

53. Q. Why should brioche or any rich dough be chilled before moulding it?

A. Because it is much easier to mould it when chilled.

54. Q. Why, during the period of fermentation does dough sometimes spread over the sides of the pan rather than form an arch above it?

A. Because the flour used was not strong enough in gluten.

55. Q. How should fruit be added to bread dough?

A. It is generally stirred in after about half the flour has been added.

56. Q. Is it necessary to flour fruit to be used for bread-making?

A. No, the flouring of fruit or nuts is necessary in cake-making only.

57. Q. What should be done to bread on removing it from the oven?

A. It should be allowed to cool uncovered. It is very bad policy to wrap hot bread in a cloth to cool as it tends to produce mould within the loaf.

58. Q. What conditions produce a soft crust?

A. To get a soft crust, the bread on being removed from the oven should be brushed over with melted butter. White of egg gives a hard, brittle crust.

59. Q. What advantages has milk over water in bread-making?

A. Milk gives a tenderer, whiter texture than when water alone is used.

60. Q. What advantage has water in which potatoes were cooked over plain water?

A. Potato water gives a moister loaf.

61. Q. How can you know when enough flour has been added to dough?

A. Flour should be gradually kneaded in until the dough no longer sticks to the hand.

62. Q. How much dough should be put into bread pans?

A. The unrisen dough should just half fill the buttered pan so that there may be place for the dough to double its volume before it is put in the oven.

63. Q. How does French bread differ from ordinary English bread?

A. ***Real*** French bread contains neither shortening nor sugar and is made with water, it is therefore, much drier and tougher than English bread, made with sugar, milk and shortening.

64. Q. Explain how freshly baked rolls may be had for breakfast without the early rising?

A. The rolls may be made the afternoon before and when they are all ready for the oven, they should be put in the ice-box where they should stay until half an hour before baking time when they may be left at the temperature of the kitchen and then baked just in time for breakfast.

65. Q. If one has no thermometer how can the temperature be gauged for bread-baking?

A. If one's hand can be held barely five minutes in an oven it is just about right for bread-baking.
Another test, is to allow a piece of white paper to brown in five minutes.

66. Q. What precaution is essential in giving a good shape to rolls?

A. Each piece of dough of the required size, must first be formed into ball, before giving it any other shape.

67. Q. What precaution should be taken with flour used in bread-making in winter?

A. Flour used in winter should always be slightly warmed, so that it may not chill the yeast.

68. Q. Upon what conditions does the quantity of yeast used in bread-making depend?

A. It depends up on the quantity of flour used as well as on the time given for fermentation. To double the quantity of yeast is to halve the time allotted for fermentation.

Quick or Baking Powder Bread

1. Q. What leavening agent is used in making quick bread?

A. Bi-carbonate of soda, commonly known as "baking soda" in combination with an acid, such as tartaric or phosphatic acid.

2. Q. What is baking powder?

A. Baking powder is a commercially prepared union of soda with some acid, generally mixed with starch.

3. Q. What is "saleratus"?

A. "Saleratus" is another name for baking soda.

4. Q. How can the amount of baking powder for hot breads or quick breads be gauged?

A. ***Generally,*** two teaspoonfuls of baking powder are added to every cup of flour.

5. Q. When should soda be used instead of baking powder and how may the required amount be gauged?

A. Whenever a recipe for quick breads or cakes call for an acid, baking soda, either alone or in combination with baking powder should be used. Baking soda is always gauged by the amount of liquid called for in the recipe. One teaspoonful of soda should be added for every pint (two cups) of liquid used, no matter what the liquid may be.

6. Q. What does a brown color and sharp odor indicate in quick breads or cake?

A. That too much soda has been used.

7. Q. Why should all the ingredients for cakes or quick breads be kept cold until they are put into the oven?

A. So that the full expansive power of the carbonic gas evolved from the soda and the acid may reach its highest point during the baking.

8. Q. Explain exactly what happens when baking powder or soda with an acid is used to leaven a dough.

A. The gas H^2 (CO^3) commonly known as "carbonic acid gas", is given off from the baking soda as the result of the reaction of some stronger acid. Carbonic acid gas has great expansive powers and in its efforts to get out of the dough lifts up the dough with it. At the same time, the heat is drying out the dough with the result that the dough, if properly cooked remains at its greatest height on being taken from the oven.

9. Q. Why should one use discretion in the use of baking powder soda or other artificial leavening agents?

A. Because the residues of the minerals would, if used too freely. have a bad effect on the digestive system.

10. Q. Why should the dough for cakes and quick breads be hurried into the oven, as soon as possible?

A. So that the reaction between the soda and the acid may not take place until the dough has become to harden.

11. Q. If cake or quick bread dough cannot be baked as soon as it is mixed, what precaution should be taken to ensure the best results?

A. Dough or batter that cannot be cooked as soon as mixed should be kept in the refrigerator until baking time.

12. Q. Under what conditions do soda with an aicd or baking powder produce the best results?

A. Soda reacts with an acid only in the presence of moisture and heat.

13. Q. Why do hot breads sometimes fall on being removed from the oven?

A. (a) Too much leavening substance was used for the quantity of flour, or

(b) The bread was not sufficiently cooked.

14. Q. In what temperature should quick breads with a large quantity of soda and acid, comparatively speaking, be placed?

A. Dough containing more than one teaspoonful of baking powder to a cup of flour should always be cooked in a quick oven (400 to 450 degrees).

15. Q. What are the secrets of tender, light biscuits?

A. (a) A good recipe based on 2½ teaspoonfuls baking powder to every cup of flour, 1 tablespoonful shortening for every cup of flour. Half as much liquid as flour, either all milk, or half milk and half water.

(b) Biscuit dough should be handled as little as possible and should be baked in a 400 degree oven as soon as mixed. If it cannot be baked at once it may be kept in the refrigerator until needed.

16. Q. Why do biscuits sometimes fail to rise when put into the oven?

A. Either the oven was not hot enough or the dough was allowed to stand for too long a time in a ***warm*** place, before being baked.

17. Q. Why are biscuits sometimes tough?

A. Either too little shortening was used or the dough was handled too much before cooking.

18. Q. What is the general method of mixing hot or quick breads, or breads leavened with soda and an acid?

A. (a) Sift the flour with the baking powder or soda and the salt.

(b) Work in the chilled shortening with a fork or two knives until the largest piece is about the size of a pea.

(c) Stir in the cold liquids.

(d) Turn out on board and pat out lightly with the hands. Cut into shape and bake on a buttered sheet in a 450 degree oven.

19. Q. What is the difference between "scones" and "biscuits"?

A. Properly speaking, "scones" are biscuits to which eggs have been added.

20. Q. In substituting sour milk for sweet milk in biscuit making, what precaution must be observed?

A. If the recipe calls for baking powder, use half the amount called for when sweet milk is used, and add ¼ teaspoonful of soda for every cup of liquid called for by the recipe. The baking powder may be omitted and the soda added in the proportion of ½ teaspoonful to a cup of liquid, but the first method gives the best results.

21. Q. What advantage has sour milk over sweet milk in making biscuits or quick breads?

A. Sour milk gives a tenderer biscuit.

22. Q. May buttermilk be substituted for sour milk?

A. With excellent results.

23. Q. What is meant by sour milk?

A. In cookery, sour milk means thick, or clabbered sour milk. If the milk is only slightly sour, the amount of soda must be diminished in consequence.

24. Q. What precautions should always be taken in making muffins?

A. The buttered muffin tins should always be heated before the batter is poured in, as under other conditions, the muffins would stick to the pan.

25. Q. What is the difference between muffins and crumpets?

A. The batter is identical for both, but in the case of crumpets, the batter is cooked like a thick pan cake on a buttered griddle, whereas muffins are always cooked in cup-like pans.

26. Q. What are waffles?

A. Waffles are simply a form of griddle cakes and are made from a rich batter cooked in a specially made griddle. They must be served as soon as they are cooked.

27. Q. What are "shortcakes"?

A. "Shortcakes" are made of rich biscuit dough cooked in a round or square layer cake pan and split open, buttered and spread with sweetened fruit.

28. Q. What is the difference between a "dough" and a "batter"?

A. A ***dough*** contains ***half*** as much liquid as flour and a ***batter*** contains ***as much*** liquid as flour.

Bread Recipes

Boston Brown Bread

1 cup rye flour
1 cup whole wheat, or Graham flour
¾ cup molasses
1 cup cornmeal
1 to 1½ teaspoonfuls salt
2 cups sour milk
2 teaspoonfuls soda

METHOD:

(a) Combine dry ingredients and then mix with liquids.

(b) Half fill buttered mould and steam for 2 hours. If one has no covered mould, any mould may be covered with greased paper. This bread may also be baked, but is much better steamed.

Bran Bread

2 cakes compressed yeast
1 cup lukewarm water
4 tablespoonfuls shortening
5 cups bran
2 cups lukewarm milk
7 cups white flour
½ cup molasses
2 tablespoonfuls salt

METHOD:

(a) Dissolve the yeast in the lukewarm water and mix with milk and molasses.

(b) Add 4 cups white flour and beat well.

(c) Add the other ingredients and more flour if necessary kneading until dough does not stick to the hands.

(d) Let rise until doubled in volume, about 2 hours.

(e) Divide the dough into loaves and half fill bread pans.

(f) Let rise again until doubled and then bake in 350° oven until well done, from 45 minutes to an hour.

Buckwheat Cakes

1 cake compressed yeast
2 cups lukewarm water
1½ teaspoonfuls salt
1 cup white flour
1 cup lukewarm milk
2 cups buckwheat flour
2 tablespoonfuls brown sugar

METHOD:

(a) Dissolve yeast in lukewarm water, then mix with milk and sugar.

(d) Add flour with salt and beat well.

(c) Let rise for about 1½ hours in a warm place. (70° to 90°).

(d) Beat well and cook on hot griddle, well buttered.

If the batter for buckwheat cakes is allowed to rise overnight, use only ½ cake of yeast and add an extra ½ teaspoonful of salt.

Cinnamon Buns

1 cup lukewarm milk
2 tablespoonfuls shortening
3 or more cups bread flour
1 to 3 cakes of compressed yeast
1 tablespoonful sugar
4 egg yolks
1 teaspoonful salt



1—TEA BISCUITS (page 163) 2—VIENNA ROLLS (page 164)
3—FRENCH BRIOCHES (pages 159 and 305) 4—POPOVERS (page 162)
5—CINNAMON BUNS (page 156)

METHOD:

(a) Dissolve the yeast in the lukewarm milk, add the sugar and beat in half the flour.

(b) Add the well-beaten yolks and then the rest of the flour with the salt. Gradually knead in more flour until the dough no longer sticks to the fingers.

(c) Form into a ball, brush over with warm water and let rise in a buttered bowl in a warm place until doubled in bulk.

(d) Cut down with a knife and let double again, then roll out into a sheet about one-fourth inch in thickness and spread with creamed butter then sprinkle generously with cinnamon and sugar. (1 teaspoonful cinnamon to 4 teaspoonfuls sugar).

(e) Roll up like a jelly roll and cut into inch slices. Places, cut side up, on a buttered baking sheet and let rise until very light.

(f) Brush with melted butter and sprinkle with cinnamon and sugar mixture and bake in 400° oven for about 20 minutes.

Cornmeal Muffins

1 cup cornmeal
4 teaspoonfuls baking powder
1 teaspoonful salt
1 cup milk
1 cup flour
2 tablespoonfuls sugar
1 egg
1 tablespoonful bacon fat or other shortening

METHOD:

(a) Mix dry ingredients thoroughly.

(b) Beat egg with liquid ingredients and combine with the dry ingredients.

(c) Half fill hissing hot buttered muffins pans and bake in 400° oven for about 20 minutes.

A good variation is to add to the above recipe, 1 cup of diced cooked bacon just before pouring into muffin tins.

Cream Finger Rolls

½ cup thick sweet cream
¼ teaspoonful salt
1 beaten egg white
1½ cups flour
1 cake compressed yeast
2 tablespoonfuls sugar
4 tablespoonfuls lukewarm water

METHOD:

(a) Dissolve yeast in lukewarm water and then add to lukewarm cream with sugar.

(b) Beat in half the flour, then the well-beaten egg white.

(c) Add the rest of the flour with the salt and gradually knead in as much more flour as necessary until the dough no longer sticks to the fingers.

(d) Form into ball, brush over with warm water and let rise in a warm place in a buttered bowl until doubled in bulk.

(e) Cut down and let double again, then roll out into a sheet about one-half inch in thickness and cut into shape with a lady-finger cutter or mould into any shapes desired.

(f) Let rise on a buttered baking sheet in a warm place and when doubled, bake in a 400° oven from 10 to 15 minutes.

Dutch Apple Cake

1 cake compressed yeast
½ cup lukewarm water
4 tablespoonfuls sugar
½ teaspoonful salt
1 whole egg
½ cup milk
3½ cups bread flour
2 teaspoonfuls sugar
3 tablespoonfuls melted shortening
1 egg yolk

METHOD:

(a) Make dough as for Swedish Tea Ring and then roll out into sheet one-half thick.

(b) Put dough in round layer cake pan and cover with slices of peeled tart apples, generously sprinkled with sugar and cinnamon and dotted with butter (2 tablespoonfuls sugar to 1 teaspoonful of cinnamon.)

(c) Let rise until light, then bake in 400° oven, covered at first until the apples are tender, then let brown.

(d) Cut in slices like pie.

French Brioches or Coffee Cakes

1 cup milk
4⅔ cups pastry flour (no more)
½ cup sugar
2 cakes compressed yeast
⅔ cup butter
4 egg yolks
3 whole eggs
1 teaspoonful almond extract

METHOD:

(a) Dissolve the yeast in the lukewarm milk and beat in half the flour.

(b) Beat the yolks with the sugar until very light and add to the batter, then beat in the whole eggs, one at a time, beating with the hand until the batter is very smooth.

(c) Work the butter into the rest of the flour with the fingers and beat into the batter until very smooth and light.

(d) Add the flavoring and set to rise in a buttered bowl until double in volume. It should take from 4 to 5 hours.

(e) When doubled set the dough in the ice chest overnight.

(f) The next day, roll the dough into a sheet about one-half inch thick, brush over with melted butter and fold into three like a letter for an envelope.

(g) Cut into finger-shaped pieces and let rise on a buttered baking sheet until light.

(h) Take pieces of dough between the thumb and the first finger of each hand and twist in opposite directions, then form into a coil with the ends meeting in the centre. (See illustration).

(i) When again very light, bake in a 400° oven and when cool, brush over with an icing made by mixing confectioners' sugar with milk and flavoring with vanilla.

Brioches may also be cooked in little timbal shapes moulds.

French Crescents

1 cup milk
3 or more cups bread flour
1 cup butter
½ teaspoonful salt
1 tablespoonful sugar
1 cake yeast

METHOD:

(a) Dissolve yeast in lukewarm milk and add sugar and 1 tablespoonful butter, then beat in half the flour.

(b) Add the rest of the flour with the salt and knead thoroughly, adding flour until the dough no longer sticks to the fingers.

(c) Form into ball, brush over with warm water and let rise in a warm place in a buttered bowl until doubled in bulk. (70° to 90°).

(d) Chill for 20 minutes then roll into rectangle and spread with 4 tablespoonfuls of creamed butter. Fold in three layers like a letter for an envelope and roll out three times more, every time spreading with 4 tablespoonfuls of creamed butter.

(e) Chill in ice-box for 2 hours, then roll out as thin as possible and cut into triangles, all of the same size.

(f) Beginning at the point of the triangle, roll up towards centre and shape into a crescent.

(g) Chill thoroughly and bake after having glazed with beaten egg, in a 400° oven until well colored, (about 15 minutes).

French Crisp Rolls

1 cup lukewarm water
1 teaspoonful salt
3 or more cups of bread flour
1 cake compressed yeast

METHOD:

(a) Dissolve yeast in lukewarm water and then beat in half the flour.

(b) Add the salt to the rest of the flour and knead in. Knead until dough does not stick to the hands, adding more flour if necessary.

(c) Brush over with lukewarm water and let rise until doubled in bulk in a warm place. Cut down and let rise again.

(d) Form into rolls of desired shape and place on buttered baking sheet and when doubled in bulk, let cook in 400° oven for 10 to 15 minutes. They should be glazed with beaten white of egg diluted with an equal quantity of water just before being put into the oven. Crusty rolls should never be allowed to touch each other while cooking.

Gluten Bread (for diabetics)

1 cake compressed yeast
1 cup lukewarm water
1 teaspoonful salt
3 cups gluten flour
1 cup lukewarm milk
1 tablespoonful shortening
1 tablespoonful sugar

METHOD:

(a) Dissolve yeast in lukewarm water and then mix with milk and sugar.

(b) Add flour gradually with salt and knead well.

(c) Cut down and half fill buttered bread pans and let rise until doubled again.

(d) Bake for about 45 minutes in 350° oven.

Rolls may be made of any of the given doughs, by simply giving them the desired shapes and letting them rise on a buttered baking sheet.

Oatmeal Bread

1 cake compressed yeast
½ cup lukewarm water
4 cups sifted flour or more
2 tablespoonfuls melted shortening
2 cups boiling water
4 tablespoonfuls brown sugar
2 cups rolled oats
1 teaspoonful salt

METHOD:

(a) Dissolve yeast in lukewarm water with shortening and sugar.

(b) Pour boiling water over rolled oats and let stand until lukewarm.

(c) Add dissolved yeast to rolled oats and water and beat in 1 cup of white flour. Let rise in warm place until light, or until the batter will fall when touched with a finger.

(d) Beat in rest of white flour knead and let rise in warm place until again doubled in volume.

(e) Form into loaves that half fill buttered bread pans and let double again.

(f) Brush over with warm water and bake in 400° oven for about an hour.

Plain White Bread

2 cakes compressed yeast
2 tablespoonfuls sugar
12 cups bread flour or more
4 cups lukewarm water or milk
2 tablespoonfuls shortening
1 tablespoonful salt

METHOD:

(a) Dissolve yeast in lukewarm water with sugar, then add melted, cooled shortening.

(b) Add one-half the flour and beat well.

(c) Add the salt with the rest of the flour and knead until an indentation made with the first finger fills up quickly.

(c) Brush over with lukewarm water and set away in warm place until double in bulk. (70° to 90°).

(d) Mould into loaves that half fill the buttered bread pans, brush over with warm water and let double again.

(e) Bake in 400° oven until loaves begin to brown in spots, then lower temperature to 350° and cook for one hour if pound size pans are used. Brush over with butter on removing the loaves from the pan.

By using only one-half an yeast cake the dough may be allowed to rise overnight.

Popovers

1 cup milk
1 cup bread flour
1 or 2 eggs
½ teaspoonful salt

METHOD:

(a) Beat eggs and milk together with a Dover beater until very light.

(b) Pour liquids into flour and beat until smooth.

(c) Half fill hissing hot buttered earthenware or iron popover moulds and bake in 450° oven until well puffed, then lower heat to 350° and continue cooking, counting 35 minutes in all for the baking.

Quick Nut Bread

1 egg
½ teaspoonful salt
½ cup sugar
½ cup coarsely chopped nuts
2½ cups flour
1 cup milk
4 teaspoonfuls baking powder

METHOD:

(a) Combine dry ingredients and sift together. Add nuts.

(b) Add well beaten egg to milk and stir into other ingredients.

(c) Let stand at room temperature for 20 minutes, then bake in buttered bread pan for an hour. The bread may be covered with a paper if it browns too quickly. This bread should not be used for 24 hours. (400°).

Quick Sally Lunn

1 cup milk
3 eggs
2 teaspoonfuls baking powder
1 tablespoonful shortening
2 cups flour
½ teaspoonful salt

METHOD:

(a) Combine dry ingredients and beat well with yolks and milk.

(b) Fold in stiffly beaten whites and pour into hissing hot buttered pans and bake in 400° oven for about 20 minutes.

Sally Lunn

1 cake compressed yeast
2 cups bread flour
1 cup lukewarm milk
1 egg
2 teaspoonfuls sugar
½ teaspoonful salt
2 tablespoonfuls melted butter

METHOD:

(a) Dissolve yeast in lukewarm milk with sugar, then beat in one-half the flour. Add the well-beaten egg.

(b) Work shortening into the rest of the flour and add with the salt to the batter.

(c) Drop batter into buttered muffin tins or Turk's head mould and let double in volume.

(d) Glaze with egg yolk and bake in 400° oven until well colored, about 20 minutes for small moulds.

Swedish Tea Ring

1 cake compressed yeast
½ cup lukewarm water
4 tablespoonfuls sugar
½ teaspoonful salt
1 whole egg
½ cup milk
3½ cups bread flour or more
2 teaspoonfuls sugar
3 tablespoonfuls melted shortening
1 egg yolk

METHOD:

(a) Dissolve the yeast in the lukewarm water then mix with the milk and the smaller amount of sugar.

(b) Add one-half the flour and beat well, then beat the eggs with the sugar until light and add to the batter.

(c) Add the rest of the flour and knead until elastic.

(d) Roll out into a sheet about one-half inch thick and spread with creamed butter and sprinkle generously with nuts and raisins, then dust with sugar and cinnamon (1 teaspoonful cinnamon to 2 tablespoonfuls sugar).

(e) Roll up dough like jelly roll and join egdes or cut into three parts and braid. When light again, glaze and bake in 400° oven for half hour or until well browned.

Sour Milk Griddle Cakes

2½ cups flour
2 cups sour milk
1 egg
½ teaspoonful salt
1 teaspoonful soda

METHOD:

(a) Sift dry ingredients together and mix with liquids and beaten egg.

(b) Cook on hissing hot well buttered griddle, turning until well done.

In using sweet milk for the above recipe, add 1½ teaspoonfuls melted shortening and substitute the soda by 4 teaspoonfuls of baking powder.

Tea Biscuits

2 cups bread flour
1 cup milk or half milk and water
1 teaspoonful salt
5 teaspoonfuls baking powder
4 tablespoonfuls chilled shortening

METHOD:

(s) Sift flour with salt and baking powder.

(b) Work in chilled shortening with a fork or two knives.

(c) Add chilled liquids and toss together lightly.

(d) Turn out on board and pat out with hand or roll ***very lightly*** with rolling pin to one-inch thickness.

(e) Cut into shape, brush over with milk and bake in 400° oven.

Variations

Cheese Biscuits

Roll out biscuit dough and sprinkle generously with grated cheese. Roll up like jelly roll and cut into one-inch slices. Brush over with milk and bake in 400° oven.

Cinnamon Biscuits

Prepare like cheese biscuits, but spread with creamed butter and sprinkle generously with sugar mixed with cinnamon (2 tablespoonfuls sugar with 1 teaspoonful cinnamon).

Orange Biscuits

Make like cheese biscuits, except spread with creamed butter and sprinkle generously with grated orange rind and sugar (equal parts of sugar and orange rind).

Fairy Biscuits

Make a dough like biscuit dough, but adding one or two more tablespoonfuls of liquid. Put 2 tablespoonfuls of orange syrup in muffin tins and then fill with the biscuits dough. Cook like tea biscuits and when done pour over each a teaspoonful of orange syrup.

For orange syrup, boil together for 3 minutes, ½ cup sugar, 1 tablespoonful butter, 4 tablespoonfuls water, the grated rind of an orange and 1 teaspoonful lemon juice.

Vienna Rolls

1 cup lukewarm milk
1 tablespoonful sugar
1 egg, or 2 yolks or 1 white
3 cups or more of bread flour
2 tablespoonfuls shortening
1 teaspoonful salt
1 to 3 cakes of yeast, according to time

METHOD:

(a) Dissolve yeast in lukewarm milk with sugar, then add melted shortening and beat in one-half the flour.

(b) Add the beaten egg or the yolks or the white and the rest of the flour with the salt, adding more flour if necessary.

(c) Knead until an indentation made in the dough with the first finger fills up quickly.

(d) Form dough into ball and brush over with lukewarm water.

(e) Let rise un warm place until doubled in bulk, then cut down with a knife and let rise again until doubled.

(f) Cut down again and form into rolls of whatever shape desired.

(g) When rolls have doubled in bulk, glaze with beaten egg and milk and bake in 400° oven for about 15 minutes. The rolls should be placed on a buttered baking tin for their last rising.

Whole Wheat Bread (special recipe)

1 cake compressed yeast
4 tablespoonfuls brown sugar or mollasses
2 teaspoonfuls shortening
1 cup lukewarm milk
1 cup white flour
4 cups Graham or whole wheat flour
1 cup lukewarm water

METHOD:

(a) Dissolve yeast in lukewarm water with milk and molasses.

(b) Add melted shortening and other ingredients knead.

(c) Half fill buttered bread pans and let rise in a warm place until doubled in bulk.

(d) When doubled, bake in 350° oven for an hour.

Pastry

1. Q. What are the chief varieties of pastry?

A. (a) ***Flaky pastry,*** for tarts and pies.
(b) ***Hot water pastry*** for deep or raised meet pies.
(c) ***French*** or ***puff pastry.***
(d) ***Noodle*** pastry.

2. Q. What are the ordinary ingredients of pastry?

A. Pastry flour, shortening, water, salt, and sometimes vinegar or lemon juice.

3. Q. What roles does the lemon juice or venegar use in pastry making?

A. The acid breaks up the gluten of the flour and makes the pastry tender or short. If too much were used it would alter the taste of the pastry, but a minimum quantity gives excellent results.

4. Q. What kind of flour should be used for pastry?

A. Pastry or weak flour makes the best pastry and although a few cents dearer than bread flour, it is in the end cheaper because it requires less shortening.

5. Q. Why is bread flour not good for pastry?

A. Because it contains too much gluten, a factor that makes it elastic. It is its gluten, on the contrary, that makes it peculiarly fitted for the expansion caused by yeast.

6. Q. Mention the chief secrets of good pastry.

A. (a) Pastry flour.
(b) Cold ingredients.
(c) A very hot oven.
(d) Proper place in the oven.
(e) Just enough liquid to bind the shortening and flour.
(f) Light rolling.

7. Q. Why should pastry never be rolled over the edges?

A. Because by rolling over the edges one squeezes out the air.

8. Q. Why should all ingredients for pastry be cold?

A. Cold air in heating rapidly has strong expansive force and carries the pastry up with it, thereby making it light and flaky.

9. Q. Is it advisable to use baking powder in making pastry?

A. The best cooks never use it.

10. Q. How should shortening be worked into flour for pastry?

A. Either with two knives or with a fork. The old method of working in shortening with the fingers was not a good one as the heat of the hands is apt to warm the dough and lessen its expansive powers.

11. Q. How mush liquid should be added to pastry?

A. Just enough to make the flour and shortening hold together.

12. Q. How does too much liquid or too soft a dough affect pastry?

A. It makes pastry tough. Too much liquid is the besetting sin of the amateur cook.

13. Q. Where should pastry be put in the oven?

A. It should be put on a grill on the bottom of the oven. In cooking pastry the heat should always come from the bottom.

14. Q. Why is it that pastry is sometimes so brittle that it falls to pieces on being taken from the oven?

A. Because too large a proportion of shortening has been used.

15. Q. How may pastry be glazed?

A. (a) It may be brushed over with a mixture of a whole egg, a yolk or a slightly beaten white, mixed with one teaspoonful of cold water or milk.

(b) It may be brushed over with a mixture of one teaspoonful of cornstarch and one half cup of cold water cooked until transparent.

(c) It may be brushed with milk alone.

(d) It may be glazed with apricot syrup, a method much in use with French cooks.

16. Q. What should be the preparation of shortening to flour in pastry?

A. The shortening should not be less than one fourth, nor more than one third the volume of the flour.

17. Q. Is there any danger of working the shortening into the flour too much?

A. Yes, there is danger of the pastry being powdery rather than flaky.

18. Q. How could you prevent the lower crust of a tart from being soggy?

A. The only way is to partly cook the pastry shell before putting in the filling. In fruit pies, the lower crusts may be brushed over with slightly beaten egg white before putting in the filling, but the result is hardly satisfactory.

19. Q. How can you make pastry shells or cooked pastry forms into which the filling may be put?

A. (a) Cover the back of a pie tin with pastry rolled to the thickness of a silver quarter. Press down well with a floured fork and prick the bottom generously, or

(b) Line the inside of a pie-tin with thinly rolled pastry and prick the bottom with a fork, then cover the dough with waxed or buttered paper and fill to the height of the rim with beans, flour or rice and cook until the pastry is straw-colored. When the pastry is done, remove the paper with the rice, beans or flour and return the pastry shell to the oven for a few minutes, if necessary, to dry out the inside.

20. Q. Why is it necessary to fill the pie pan with rice, beans or flour in making a pastry shell?

A. Because the pastry would slip down into the pie plate if there was nothing to hold it in shape.

21. Q. Are not flour, beans or rice wasted by being used to fill pie plates?

A. By no means, the grilled flour may be used over and over again and is excellent for thickening gravies and sauces. The rice may be used exactly as though it has never been browned, in fact some cooks prefer to parch their rice before steaming it or boiling it. The beans are unimpaired for soups or baking.

22. Q. What kind of an oven does pastry require?

A. Pastry requires a very hot oven with the heat coming from the bottom. The initial temperature of the oven should be 500 degrees but this may be lowered once the pastry is well colored.

23. Q. What makes pastry shrink in the oven?

A. (a) Too low a temperature.

(b) Too much liquid.

(c) Too strong a flour.

24. Q. How could you keep the crust from sinking in the middle of a deep pie?

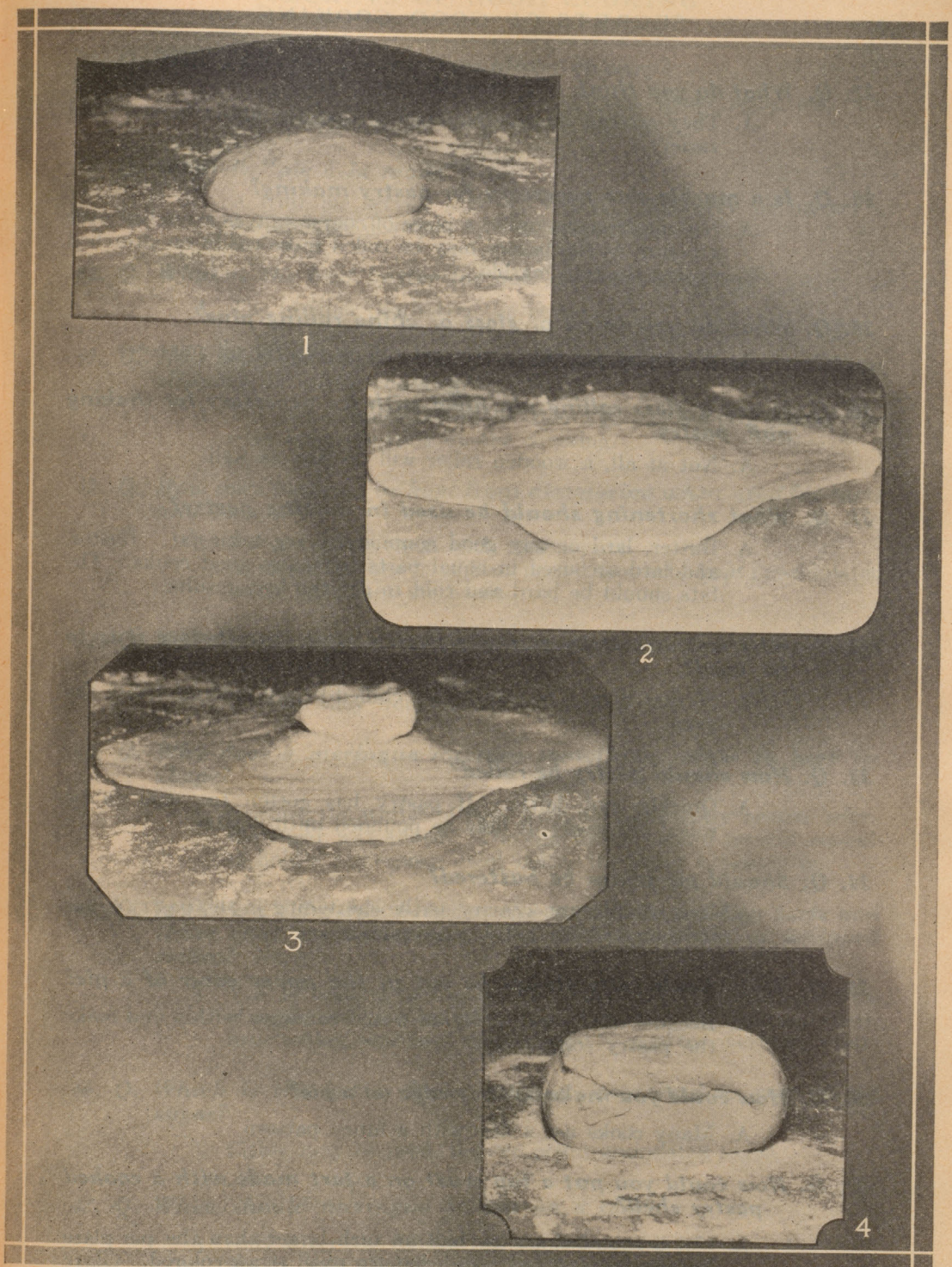
A. By putting a small cup in the centre and removing it just before serving the pie.

25. Q. How could you prevent the juice from running out of a fruit pie?

A. By putting either a paper of china funnel in a hole in the centre of the upper crust. The juice will rise in the funnel during cooking and then sink back into the pie without discoloring the upper crust.

26. Q. How can you know when you have added enough water to pastry?

A. The dough should absorb all the flour, but should ***not*** stick to the bowl.



FOR DIRECTION SEE PAGE 173.

27. Q. What do you think of perforated pie plates?

A. They are not more advantageous that the old-fashioned solid variety.

28. Q. Is a marble slab necessary for pastry making?

A. No, many cooks prefer a piece of coarse canvas stretched over a board, as the pastry may be rolled more easily on stretched canvas than on marble.

29. Q. What do you think of glass or china rolling pins?

A. We prefer a good hard-wood rolling pin for all purposes.

30. Q. Is not a glass rolling pin filled with ice necessary for making puff pastry?

A. Not at all, a wooden roller will do just as well.

31. Q. What shortening should be used in making pastry?

A. Butter, lard or any good commercial vegetable fat. Butter, and lard are used in equal parts by many good cooks. The fats should be hard and cold to get the best results.

32. Q. Why is it necessary to make pastry some time before it is to be used?

A. So that it may be thoroughly chilled before putting it into the oven.

33. Q. How should pastry be rolled?

A. Quickly and deftly. If pastry has gotten too cold to be rolled out easily, it may be pounded until flexible.

34. Q. Should pie plates be buttered?

A. It is whollly unnecessary as the shortening in the pastry keeps it from sticking.

35. Q. Why should slits always be cut in the upper cover of a pie?

A. Because otherwise the steam would condense within and make the pastry soggy.

36. Q. How could you make a fancy edge on a pie?

A. Many cooks use a key with a fancy pattern.

37. Q. How could you put a top crust on a tart made with a cooked pastry shell?

A. Cut a round of pastry half an inch larger than the pie plate in question and bake on a flat tin until straw-colored. Glaze and put on top of tart when finished.

38. Q. Why does pastry sometimes blister or warp?

A. Because it has not been well pricked before being put into the oven.

39. Q. What is "pie à la mode"?

A. A fruit pie served with ice cream. Blueberry pie makes a particularly delicious "pie à la mode".

40. Q. What is the best butter for puff or French pastry?

A. The tougher the butter the better.

41. Q. How may the upper crust of a vol-au-vent be prevented from slipping off while cooking?

A. The lower crust should be thoroughly moistened around the edge before putting on the covering.

42. Q. How may bananas be kept from discoloring when used for tarts and salads?

A. By sprinkling them with lemon juice.
Apples after they have been peeled should be kept in acidulated water until they are needed.

43. Q. Why do meringues on tarts sometimes fall on being taken from the oven?

A. Because they were cooked too quickly.

44. Q. Why does a meringue mixture sometimes refuse to keep its shape?

A. Because the whites of eggs were not sufficiently beaten before the sugar was added. The egg whites should be stiff enough to hold a tablespoon erect before the sugar is beaten in.

45. Q. Is there a difference between the meringues used on tarts and those that are sometimes filled with ice cream or whipped cream?

A. Yes, in making meringues for a tart only ***two*** tablespoonfuls of sugar are used for every egg white, but for meringue cases, ***four*** tablespoonfuls of sugar should be used for every egg white.

46. Q. Which is the better for meringues, powdered or granulated sugar?

A. Either may be used, but we prefer granulated sugar.

47. Q. When should meringue be put on a tart?

A. Only after the filling has cooled slightly, because the heat would make the meringue liquify underneath.

48. Q. How should a meringue on a tart be browned?

A. By putting beneath the flame for a few minutes after having sprinkled the meringue generously with sugar.
If there is no broiling oven in your stove, let the meringue be placed as near the top of the baking oven as possible.

49. Q. What precautions should be taken in making hot water pastry?

A. It is necessary to keep the pastry warm as it hardens very quickly in cooling.

50. Q. What is the great secret of French or puff pastry?

A. Keeping the pastry colder than the atmosphere of the room in which it is made.

Pastry Recipes

Deep or Raised Pie Pastry (Meat Pies)

4 cups pastry flour
½ cup milk or water
1 cup shortening
1 teaspoonful salt

METHOD:

(a) Put shortening and water or milk into saucepan and bring to a boil.
(b) Make hollow in flour and pour in hot mixture. Stir until smooth and use while still hot.
(c) This pastry must be kept warm until used as it quickly stiffens when allowed to cool.

Flaky Pastry

⅔ cup Crisco or other shortening
1 teaspoonful salt
Cold water
2 cups pastry flour
1 tablespoonful vinegar

METHOD:

(a) Work chilled Crisco into flour with a fork or chop it in with two knives until the largest pieces of shortening are like peas and are well coated with flour.
(b) Put the salt and vinegar into a cup and add enough ***cold*** water to half fill cup.
(c) Pour the liquid into the flour mixture and work with fork until well blended and all the liquid is absorbed.
(d) Roll out the dough to the thickness of a silver quarter and cut into desired shapes.
(e) Chill thoroughly and then bake in 500° oven until straw-colored. Once the pastry has begun to color the temperature may be lowered at one's discretion.

Some cooks add an egg yolk to the salt and vinegar before putting in the cold water, but there is little difference in the finished pastry beyond the color.

French or Puff Pastry

2 cups pastry flour
1 tablespoonful vinegar
1 egg yolk
1 cup butter
1 teaspoonful salt

METHOD:

(a) Wash butter until plastic, but not until soft in very cold water, and then squeeze dry. Some cooks use a napkin to wash the butter in.
(b) Divide butter into three equal parts and put into ice water until needed.
(c) Put vinegar, salt and yolk into cup and add ***cold*** water until cup is three quarters full.
(d) Make a well in the flour and pour in the cold liquid. Stir and then knead until plastic.

(e) Let dough stand for 10 minutes as in Illustration 1.

(f) Roll out as in Illustration 2, leaving the centre thicker than the edges.

(g) Put one piece of washed butter in the centre (Illustration 3) and fold as in Illustration 4.

(h) Turn pastry so as to have closed edge facing one, and roll out by pounding lightly and deftly until the pastry is twice as long as wide.

(i) Fold the pastry in three like a letter for an envelope and close the edges by pounding lightly with the rolling pin, so as to enclose as much air as possible.

(j) Repeat (h) and (i), then let the pastry chill for at least ten minutes.

(k) Beginning with (f) repeat the whole process to (k) for each piece of butter.

(l) When all the butter has been enclosed and the pastry has been chilled for the fourth time, roll out to the thickness of a silver quarter and cut into whatever shapes desired.

(m) Chill thoroughly, even freeze, if possible and bake on the floor of a 450° oven, letting the temperature rise to 500°.

(n) When the pastry had doubled its height, the temperature may be gradually lowered to 350°. Puff pastry should take about 30 minutes to cook thoroughly.

(o) In glazing pastry, no egg should be allowed to fall on the sides as it would prevent the pastry's rising to its full height.

Puff pastry may be kept for several days wrapped in a waxed paper, on ice. The scraps from puff pastry may be rolled out and folded several times as in making the pastry. It will then, when thoroughly chilled, be almost as good as when fresh.

Fillings for Tarts

American Peach Pie

Fill a previously baked pastry shell with custard cream and then cover with halves of fresh or canned peaches and cover with meringue to which ¾ teaspoonful of lemon juice has been added.

Apple Apricot Tart or Flawn

7 large apples, preferably sour ones
1 tablespoonful butter
1 cup sugar
Apricot purée
1 teaspoonful vanilla
3 tablespoonfuls powdered sugar
½ teaspoonful grated lemon rind
1 inch cinnamon stick
1 cup water
Red vegetable coloring

METHOD:

(a) Stew 4 peeled and sliced apples with powdered sugar, butter, lemon rind and cinnamon. When quite thick, add one-third as much apricot purée (see below) and sweeten to taste.

(b) Cut 3 apples into eighths and cook ½ of them in syrup made by boiling sugar and water together for 10 minutes. When

apples are transparent, remove from syrup and add 4 tablespoonfuls of boiling water to the syrup with enough red coloring to give a good color.

(c) Dip half the cooked apple eighths into the colored syrup and cook until transparent.

(d) Fill previously baked pastry shell with prepared purée and then decorate with the clear and the red eighths of apple.

Apple Cream Tart

5 large tart apples
⅛ teaspoonful nutmeg
1½ cups cream
11 tablespoonfuls sugar
4 tablespoonfuls flour

METHOD:

(a) Line the bottom of a rather deep pie-plate with flaky pastry rolled to the thickness of a silver quarter and sprinkle with 2 tablespoonfuls flour mixed with 3 tablespoonfuls sugar.

(b) Peel and core apples and cut into halves. Sprinkle with remaining flour mixed with sugar and cover with cream.

(c) Bake in 500° oven until the pastry begins to color and then let temperature go down to 350° and continue cooking until apples are tender.

Apple Custard Tart

Errata.
Apple Custard Tart should read:
1 cup grated sour apples
1 tablespoonful butter
⅛ teaspoonful salt
1 teaspoonful nutmeg
1 cup sugar
2 eggs
½ cup whipped cream

METHOD:

(a) Beat eggs and sugar together until light and then stir into whipped cream.

(b) Add the grated sour apples, grating them just as they are needed so they will not darken.

(c) Pour into previously baked pastry shell and cook at 350° until the custard is set in the centre.

Apple Meringue Tart

2 cups unsweetened apple sauce (apples cooked in one-half their volume of water)
5 tablespoonfuls cornstarch
2 or 3 tablespoonfuls butter
sugar to taste, about ¾ cup
½ teaspoonful salt
½ teaspoonful cinnamon

METHOD:

(a) Mix cornstarch with 5 tablespoonfuls cold water and stir into the apple sauce sweetened to taste. Add the cinnamon and cook in double boiler for half an hour.

(b) Add salt and butter and put into previously baked pastry shell.

(c) Cover with meringue made with brown sugar (2 tablespoonfuls brown sugar to every egg white) and brown in oven.

Apple Soufflée Tart

2 cups sweetened apple sauce (apples cooked in half their volume of water and sweetened to taste)
1 teaspoonful lemon juice
3 eggs
1 cup white sauce No. 4
½ teaspoonful cinnamon

METHOD:

(a) Add white sauce to apple purée and stir in well-beaten yolks. Let cool.

(b) Fold in stiffly beaten whites and bake in pastry shell in 375° oven until well puffed (about 35 minutes). The pie crust should not be more than half filled. A soufflée dish may be used instead of a pastry shell.

Apricot Purée

Soak ¼ lb. dried apricots in 1 cup water for 24 hours. Stew with 4 tablespoonfuls sugar until very tender. Strain.

Banana Tart (1)

1 cup scalded milk
2 eggs
⅛ teaspoonful salt
1 large banana
2 tablespoonfuls powdered sugar
2⅔ tablespoonfuls flour
⅓ cup sugar
4 tablespoonfuls cream
2 teaspoonfuls lemon juice
½ teaspoonful lemon extract

METHOD:

(a) Blend the flour with a little cold milk and then stir into the rest of the milk and cook in double boiler until thickened.

(b) Beat yolks and sugar together and add to thickened milk. Let cool.

(c) Stir in cream, lemon juice and thinly sliced bananas and fill baked pastry shell.

(d) Top with meringue to which ⅔ teaspoonful of lemon juice has been added.

Banana Tart (2)

1 cup banana pulp
2 tablespoonfuls lemon juice
⅓ cup cream
1 teaspoonful grated lemon rind
⅓ teaspoonful cinnamon
2 tablespoonfuls molasses
1 beaten egg
½ cup sugar
½ teaspoonful salt
½ cup milk

METHOD:

(a) Mix all the ingredients and pour into rather deep pie plate lined with flaky pastry rolled to the thickness of a silver quarter. Cook for 10 minutes at 400°, then,

(b) Cook in 325° oven until set. Top with meringue.

Butterscotch Tarts

3 tablespoonfuls cornstarch
2 egg yolks
1¼ cups milk
1 teaspoonful vanilla
1½ cups brown sugar
2 tablespoonfuls flour
2 tablespoonfuls butter

METHOD:

(a) Mix flour and cornstarch with a little cold water and then stir into milk until smooth.

(b) Cook in double boiler until thickened, then add yolks well beaten with sugar, vanilla and salt.

(c) Fill previously cooked pastry shells and top with meringue made with brown sugar.

Carrot Custard Tarts

2 cups grated raw carrots
1 pinch of nutmeg
1½ cups milk
7 tablespoonfuls sugar
2 eggs
⅛ teaspoonful salt

METHOD:

(a) Add the slightly beaten eggs to the milk and stir in the other ingredients.

(b) Bake in a previously cooked pastry shell at 350° until firm in centre.

Cocoanut Tarts

Delicious tarts may be made by adding 1 cup Baker's "Southern Cocoanut", or 1 cup of desiccated cocoanut to the ingredients for a butterscotch or custard pie. Baker's cocoanut or fresh cocoanut is preferable to the dried cocoanut.

Custard Cream Pie

2 egg yolks
1½ tablespoonfuls cornstarch, or 2½ tablespoonfuls flour
4 tablespoonfuls sugar
1 cup milk
⅛ teaspoonful salt
½ teaspoonful flavoring

METHOD:

(a) Blend cornstarch or flour with a little milk and then stir into rest of milk and cook in double boiler until thickened.

(b) Add eggs well beaten with sugar and pour into previously cooked pastry and top with whipped cream of meringue (See recipes).

Grandmother's Mollasses Pie

1 cup molasses
1 cup sugar
1½ tablespoonfuls flour
3 eggs
1 cup milk
2 tablespoonfuls melted butter

METHOD:

(a) Line a rather deep pie plate with flaky pastry rolled out to the thickness of a silver quarter.

(b) Mix flour with melted butter and stir into milk combined with mollasses.

(c) Add the yolks beaten with the sugar and stir until dissolved, then fold in the stiffly beaten whites and bake in 500° oven for 12 minutes and then in 350°oven until firm in the centre.

Malpe Syrup Tart

2 cups maple syrup
4 tablespoonfuls water
½ teapsoonfuls salt
4 tablespoonfuls flour
2 whole eggs or 4 yolks

METHOD:

(a) Mix flour with water and stir into maple syrup.

(b) Bring to boiling point and stir in well-beaten eggs. Cook until thickened and remove from fire immediately. Fill cooked pastry shell.

(c) Top with meringue or whipped cream.

Mock Cherry Tart

1 cup cranberries
1 tablespoonful flour
¾ cup sugar
1 teaspoonful butter
½ cup seeded raisins

METHOD:

(a) Line rather deep pie plate with flaky pastry rolled to the thickness of a silver quarter.

(b) Mix other ingredients and fill pie plate. Cover with crust and bake in 500° oven for about 12 minutes after having glazed with milk, then cook at 350° for 30 minutes.

Mother's Apple Tart

2 cups sliced or quartered tart apples, preferably green ones
¾ cup sugar
1 tablespoonful butter
1 teaspoonful cinnamon or nutmeg

METHOD:

(a) Put a thin covering of pastry around the upper part of a rather deep pie plate and fill with sliced or quartered apples.

(b) Cover with flaky pastry rolled to the thickness of a silver quarter and glaze with milk or beaten egg.

(c) Bake in 500° oven until straw-colored, about 12 minutes, then lower oven to 350° and let cook until when tried with a fork, the apples are found to be perfectly tender.

(d) Lift off cover and sprinkle the apples with the sugar, mixed with the spice. Dot with the butter and put back into oven for a few minutes. If a very deep pie dish is used, a cup must be put in the centre to keep the crust from getting soggy. The cup may be removed just before serving.

New England Mollasses Pie

½ cup cracker crumbs
4 tablespoonfuls butter
1 cup sugar
2 beaten eggs
¾ cup molasses
1 teaspoonful cinnamon
4 tablespoonfuls mild vinegar
½ teaspoonful cloves

METHOD:

(a) Mix ingredients in order given and fill previously baked pastry shell.

(b) Bake until firm in centre in 325° oven.

New York Custard Tart

2 eggs
1 cup chopped nuts, preferably hazel nuts
1½ cups rich milk
4 tablespoonfuls sugar or more to taste
⅛ teaspoonful salt

METHOD:

(a) Mix the nuts with the beaten egg and sugar and stir into the milk.

(b) Pour into previously baked pastry shell and cook at 325° until firm in the centre. The nuts will rise to the top and form a crust.

Old-fashioned Pumpkin Pie

2 cups drained baked or steamed pumpkin pulp
4 tablespoonfuls brown sugar
½ teaspoonful salt
1 teaspoonful ginger
½ teaspoonful cinnamon
4 tablespoonfuls molasses
2 beaten eggs
2 cups milk
⅛ teaspoonful mace

METHOD:

(a) Cut pumpkin into large pieces and bake in oven or steam until tender. Drain pulp in sieve.

(b) Add beaten eggs to milk and mix with pumpkin pulp and molasses.

(c) Stir in sugar mixed with spices and pour into previously cooked pastry shell. Cook in 325° oven until firm in the centre. Brown beneath flame.

Squash tarts may be made exactly like pumpkin tarts.

Orange Apple Tart

Replace the spices in the apple tart by 2 tablespoonfuls of freshly grated orange rind and 2 teaspoonfuls of lemon juice.
½ cup of thinly shaved citron makes a delicious addition to this tart.

Perfection Lemon Tart

3 tablespoonfuls flour
1 cup sugar or more to taste
⅓ cup lemon juice
2 cups water
Grated rind of lemon
3 tablespoonfuls cornstarch
2 egg yolks
½ teaspoonful salt
1 tablespoonful butter

METHOD:

(a) Mix flour and cornstarch and blend with a little of the water then add the rest of the water with the grated lemon rind and cook until thick in double boiler.

(b) Beat yolks with sugar and add to thickened mixture with lemon juice.

(c) Add butter and beat well. Fill previosuly baked pastry shell and cover with meringue. Sprinkle with sugar and brown in oven.

Pineapple Tart (1)

4 cups grated, cooked pineapple (fresh or canned)
2 tablespoonfuls butter
4 tablespoonfuls cornstarch
2 tablespoonfuls lemon juice
1 cup sugar
2 tablespoonfuls grated lemon rind
½ teaspoonful salt

METHOD:

(a) Blend cornstarch with melted butter and stir pineapple with other ingredients. Cook in double boiler until thickened.

(b) Fill previously baked pastry shell and top with meringue (see Meringue at end of chapter).

Pineapple Tart (2)

2 cups cooked shredded pineapple
½ cup milk
2 eggs
Grated rind of half lemon
⅓ cup butter
½ cup sugar
½ teaspoonful ssalt
1 tablespoonful lemon juice

METHOD:

(a) Beat egg with sugar and add with lemon juice and grated rind to hot pineapple and other ingredients.

(b) Fill previously baked pastry shell and cook in 325° oven until firm.

Plain Custard Pie

2 eggs, slightly beaten
½ teaspoonful vanilla or nutmeg
2 cups scalding hot milk
⅛ teaspoonful salt
8 tablespoonfuls sugar

METHOD:

Beat the eggs with the sugar and stir into the hot milk. Fill a previously baked pastry shell and cook in 325° oven until firm in centre.

Raisin Tart de Luxe

2 cups seeded raisins
Grated rind of half a lemon
1 cup chopped nuts (not necessary)
2 tablespoonfuls lemon juice
Grated rind of ½ orange
1½ cups boiling water
Juice of 1 orange
½ cup sugar
2 tablespoonfuls cornstarch
½ teaspoonful salt

METHOD:

(a) Cook raisins in boiling water for 5 minutes.

(b) Mix cornstarch and sugar and stir into hot raisin mixture and cook until thick.

(c) Add the other ingredients and fill previously baked tart shall.

Prune Tart

By adding 1 cup of stoned, stewed prunes to the ingredients for the filling in a custard tart, one may make a delicious prune tart.

Varieties

Caramel Custard Cream

Add caramel syrup to taste to the milk called for in the custard cream recipe.

Chocolate Custard Cream

Add 2 ounces melted chocolate to the milk in any custard cream recipe.

Coffee Custard Cream

Cook 4 tablespoonfuls of ground coffee in the milk used for making custard cream.

Gingerbread Custard Cream

Pour plain custard cream over broken pieces of gingerbread and use as pie filling.

Marshmallow Custard Cream

Add eight diced marshmallows (cut with scissors) to the milk called for in recipe for custard cream. They will melt while the custard is cooking in the pastry shell.

Meringue

2 stiffly beaten whites — 4 tablespoonfuls sugar

(See recipe for method).

Desserts

Creams, custards and puddings hot and cold

1. Q. What is the difference between the English and American acceptation of the word "dessert"?

A. (a) In America, the word "dessert" is used to designate any sweet at the end of a meal.

(b) In England, the "dessert" is the fruit served ***after*** the sweet at the end of a meal.

2. Q. How are desserts classified?

A. (a) As light or heavy.

(b) As hot or cold.

3. Q. What is the simplest kind of pudding?

A. Custards are the simplest kind of pudding and are capable of many variations.

4. Q. What is a custard?

A. A custard is pudding made of milk, eggs and sugar and flavored to taste. Some cooks add a small amount of flour or cornstarch to their custards. (2 teaspoonfuls to a cup of milk).

5. Q. What is the formula for a plain custard?

A. If the custard is to be served from the dish in which it is cooked, one egg should be beaten with 4 tablespoonfuls of sugar for every cup of milk used, but if the custard is to be unmoulded, it requires an extra yolk for every cup of milk used.

6. Q. How should custards be cooked?

A. They should be cooked in a buttered dish or mould set in a larger dish of hot water. The surrounding water should not be allowed to boil violently.

7. Q. How does one know when a custard is cooked?

A. A custard is cooked, when a knife plunged into the deepest part comes out clean, or when the centre is firm to the touch.

8. Q. What is the difference between simmering and boiling?

A. A liquid ***boils*** when the bubbles break rapidly on the surafce, it ***simmers*** when the bubbles break on the bottom or very slowly on the surface.

Boiling water has a temperature of 212 degrees, whereas simmering water registers only 180 degrees.

9. Q. Why does custard sometimes become watery when cooking?

A. Because it has cooked at too high a temperature and the eggs have hardened with the casein of the milk and separated from the whey.

10. Q. May yolks alone be used in making custards?

A. With better results than when whole eggs are used. Two yolks should be used for every egg called for in the recipe. A custard made with yolks alone is more tender than one made with whole eggs.

11. Q. How may you keep a crust from forming over egg yolks when they have to be kept for a few days?

A. By covering the dish in which they are with a camp cloth and keeping in a cool place.

12. Q. Why do custards sometimes break when they are unmoulded?

A. Either
(a) the custard was not cooked enough, or
(b) too much milk was used for the quantity of egg.

13. Q. What do you mean by caramel syrup?

A. Caramel syrup is a syrup made by browinng white sugar and then dissolving on the fire in an equal quantity of boiling water. If kept corked, caramel syrup will keep indefinitely.

14. Q. Why does caramel syrup sometimes have a sweet taste?

A. Because the sugar was not sufficiently burned before adding the water.

15. Q. What are the chief uses of caramel?

A. It is used to make caramel custards and darken gravies and sauces.

16. Q. What is the proportion of cornstarch that should be used with one cup of liquid?

A. To make a blanc-manger, 1½ tablespoonfuls of cornstarch should be used for every cup of liquid used.

17. Q. How should cornstarch or any farinaceous substance always be added to a liquid?

A. The farinaceous or thickening substance should always be dissolved in twice its volume of cold liquid before being added to the hot liquid. All sauces or liquids thickened by flour, arrowroot or cornstarch should be cooked for twenty minutes in a double boiler to be at their best.

18. Q. What are the chief varieties of blanc-mangers?

A. Chocolate, maple, coffee, caramel or sherry. In any case, the flavoring should always be added to the milk, before it is mixed with the thickening substance such as cornstarch, flour or arrowroot.

19. Q. What is junket?

A. Junket is form of custard made without other thickening substance than that which comes in tablet form known commercially as "Junket tablets".

20. Q. What precautions must be talen in making junket?

A. (a) One must be sure the milk has not been boiled before using, even if it has cooled in the interval.
(b) The milk must not be hotter than 100 degrees when the junket tablet is put into it.

21. Q. For what other purposes than for making junket properly speaking, are junket tablet used?

A. They are also used to thicken or clabber sweet milk for cheese making.

22. Q. In how much water should Junket tablet be dissolved?

A. The junket tablet should be crushed and then dissolved in one tablespoonful of cold water before being added to the lukewarm milk.

23. Q. May cream be used in making junket?

A. Yes, with excellent results.

24. Q. What is tapioca?

A. Tapioca is a granular form of starch that is made from the roots of certain South American plants.

25. Q. What are the two varieties of tapioca?

A. (a) ***Pearl*** tapioca, or slow-dissolving tapioca.
(b) ***Minute*** tapioca, or quick-dissolving tapioca.

26. Q. Should pearl and minute tapioca be used in the same way?

A. No, pearl tapioca should be soaked over-night before using, whereas minute tapioca may be used as soon as plunged into water. It takes 4 tablespoonfuls of pearl tapioca to give as much substance as 1½ tablespoonfuls minute tapioca.

27. Q. Is sago a form of tapioca?

A. No, sago comes from a variety of Indian palm.

28. Q. What are the three ways of cooking a pudding?

A. (a) Steaming.
(b) Boiling.
(c) Baking.

29. Q. What advantage has a steamed pudding over a baked pudding?

A. A steamed pudding is lighter and moister than a baked pudding.

30. Q. What advantage has a steamed pudding over a boiled pudding?

A. A boiled pudding is sticky on the outside and is generally heavier than a steamed pudding.

31. Q. How should a pudding be boiled?

A. A square cloth, big enough to contain the pudding, should be dipped in boiling water and then generously sprinkled with flour. The pudding should be placed in the middle of the prepared cloth and then the four corners should be knotted leaving a little space for the pudding to expand. When the water in the pot is boiling violently, the pudding should be slipped on to a plate placed at the bottom of the kettle. The pudding should be cooked with the keetle closely covered. When the pudding is done, it should be dipped into cold water so as to more easily remove the cloth. A pudding may also be boiled in a metal mould with a close-fitting cover, provided room is left for expansion.

32. Q. How should a pudding be steamed?

A. A pudding should be steamed in a buttered mould or bowl with a tight fitting cover or in an ordinary bowl covered with floured cloth or with a heavy well buttered paper.

33. Q. What conditions make puddings heavy?

A. (a) Too much flour in proportions to the other ingredients.
(b) The cessation of boiling while the pudding is cooking.

34. Q. What is a bread pudding in reality?

A. It is a custard in which two of the eggs are replaced by 2 cups of diced bread or bread crumbs.

35. Q. What is soufflée bread pudding?

A. It is a bread pudding in which the whites of the eggs are added after being stiffly beaten, rather than beaten with the yolks as for an ordinary bread pudding. The whites should be folded in last of all.

36. Q. What is a cabinet pudding?

A. A rich custard poured over a mixture of cake and fruit and steamed until set.

37. Q. What is a "Spanish cream"?

A. A "Spanish cream" is a custard thickened with gelatine (see "Recipes").

38. Q. Why is there sometimes layer of clear gelatine at the bottom of a "Spanish cream" mould?

A. Because the custard mixture containing the gelatine was added to the beaten egg whites before the mixture was quite cold.

39. Q. Why are there sometimes little particles of gelatine in a "Spanish cream"?

A. Because the custard mixture containing the gelatine was allowed to get ***too*** cold before folding it into the beaten egg whites.

40. Q. To what point should egg whites always be beaten in a recipe calling for stiffly beaten egg whites?

A. Until they can hold a tablespoon erect.

41. Q. What is defference between a "Charlotte Russe" and a "Bavarian cream"?

A. There is practically no difference, although some cooks claim that Bavarian cream should always contain eggs.

42. Q. What is a "Charlotte Russe" or "Bavarian Cream"?

A. It is nothing but sweetened and flavored whipped cream stiffened with gelatine. Some cooks add beaten yolks to liquid and stiffly beaten whites to the cream (see "Recipes").

43. Q. Why should gelatine always be soaked in twice its volume of cold water before being melted in any hot liquid?

A. Gelatine should always be soaked in twice its own quantity of cold water so that it may be come hydrated and then it will melt much more easily in the hot liquid.

44. Q. What proportion of gelatine should be added to a pint or 2 cups of liquid?

A. 1 generous tablespoonful of gelatine dissolved in twice its volume of cold water is sufficient to stiffen 2 cups of liquid.

45. Q. How much leaf gelatine should be added to one pint or two cups of liquid?

A. The number of sheets that correspond to half an ounce. Leaf gelatine or sheet gelatine requires much longer soaking than granulated gelatine, but gives a clearer jelly.

46. Q. Why should a mould of jelly never be unmoulded until just before it is to be served?

A. Because jelly quickly loses its lustre, once it is unmoulded.

47. Q. What may be done with the remnants of a fruit jelly or any other jelly?

A. It may be re-melted in a double boiler and mouded over again.

48. Q. What precaution must be taken in making jelly with pineapple?

A. The pineapple juice should be brought to boiling point before the addition of the gelatine, as the bromic acid in the pure juice breaks up the gelatine so that it will not set. Naturally canned pineapple does not need to be heated.

49. Q. At what point should stiffly whipped eggs or whipped cream be added to a liquid containing gelatine?

A. The liquid containing the gelatine should be perfectly cold, but not yet set. If the liquid has stiffened too much, the pan containing it, can be set in a larger dish of hot water and gently stirred until it again liquifies.

50. Q. What would happen if the whipped cream or stiffly beaten eggs were added to the liquid containing the gelatine while it was still warm?

A. The heat of the liquid would cause the whipped cream or beaten eggs to fall and no amount of beating could again make them fluffy.

51. Q. How could a caramel custard be made?

A. (a) Half the sugar in the given recipe for plain custard could be replaced by caramel syrup (burnt sugar to which an equal amount of boiling water has been stirred until the sugar is dissolved), or

(b) One-fourth of the sugar called for in the recipe may be caramelized and then dissolved in the milk called for by the recipe. Some cooks pour a little caramelized sugar into the mould before filling it with custard.

52. Q. Why should glass or china moulds always be used for fruit jellies?

A. Because there is then no danger of the acid reacting on the metal of the mould and forming dangerous compounds.

53. Q. How should suet be added to a pudding?

A. It should be removed from all fibres and then finely chopped and mixed with the flour.

54. Q. Why should a liquid containing gelatine never be allowed to boil violently?

A. Because gelatine that has been boiled takes twice as long to set.

55. Q. What is agar-agar and what advantage has it over gelatine?

A. Agar-agar is Japanese gelatine made from seaweed and has the advantage of setting as soon as dissolved in the hot liquid.

56. Q. How should agar-agar be used?

A. Every tablespoonful required should be soaked for half an hour un lukewarm water and then boiled until clear in one cup of boiling water. It should then be strained through a cheese cloth before being used.

57. Q. How may agar-agar be sued instead of gelatine?

A. 1 cup of liquid agar-agar would equal 1 tablespoonful of gelatine dissolved in 1 cup of boiling water. In other words, another cup of liquid may be added to the prepared agar-agar to give it the consistency of ordinary jelly. If liquid agar-agar sets before it is required, it may be re-melted in a double boiler and used as at the beginning.

58. Q. How should a jelly be unmoulded?

A. The mould should be dipped into boiling water for a few seconds and then a dish placed close to the mould and the jelly shaken out.

59. Q. How should a mould be decorated?

A. The mould should first be lightly oiled, then a thin layer of prepared jelly poured into and the mould set on ice or in cold water until the gelatine has slightly hardened. The decorations may then be placed in the layer of jelly. The rest of the jelly should not be added until it is cool enough not to melt the jelly holding the decorations.

60. Q. What are the two ways of adding gelatine to a liquid?

A. (a) The gelatine should be soaked in twice its volume of cold water and for at least five minutes and then cooked in the hot liquid until thoroughly melted, or

(b) The gelatine may be soaked for five minutes in twice its own volume of cold water and then kept over hot water until thoroughly melted, then stirred into the cold liquid.

61. Q. Why is lemon juice always added to fruit jellies?

A. To bring out the flavor of the fruit juice.

62. Q. What is "Irish Moss"?

A. It is a kind of gelatine that is sometimes used instead of cornstarch to make blanc-manger. It should be soaked like gelatine.

63. Q. What is a fruit charlotte?

A. A fruit charlotte is a mixture of fruit pulp or juice with gelatine and stiffly beaten egg whites (see "Recipes").

64. Q. What is hot soufflée?

A. A soufflée is a kind of very light pudding, made by adding beaten yolks to a thick sauce and then folding in stiffly beaten egg whites. It may be baked or steamed (see "Recipes").

65. Q. What is a "fruit snow"!?

A. It is a combination of certain acid fruits like tart apples, prunes or apricots beaten into stiff egg whites to a meringue. It may be served cold or baked until firm in a 350-degree oven. It is smetimes called "fruit whip" (4 tablespoonfuls sweetened fruit pulp to 1 egg white).

66. Q. What is "Russian jelly"?

A. Any jelly that has been beaten with a Dover beater to a froth just when it was on the point of setting, is called a "Russian jelly."

Frozen Desserts

1. Q. What are the two great classes of frozen desserts?

A. (a) Desserts that are ***stirred*** while being frozen.
(b) Desserts that are frozen ***without*** being stirred.

2. Q. What varieties of desserts should NOT be stirred while being frozen?

A. ***Parfaits:*** desserts made by pouring a thick syrup on beaten whites of eggs which are then folded into flavored whipped cream.

Soufflées: like parfaits, except that they are stiffened with gelatine.

Mousses: sweetened and flavored whipped cream, stiffened with gelatine.

Muscovites: frozen sweetened fruit juices.

Frozen puddings: mousses or parfaits containing pieces of fruit.

3. Q. What varieties of desserts should be stirred while being frozen?

A. ***Ice creams:*** sweetened creams or custards flavored to taste.

Water ices: diluted fruit juices, sweetened to taste.

Sherbets: diluted fruits juices, sweetened to taste and mixed with gelatine or beaten white of egg to give them more body.

Frappés: sweetened diluted fruit juices frozen to a soft mush.

4. Q. What are the two great classes of ice creams?

A. (a) ***French*** ice cream: a rich custard made of milk, eggs and sugar, flavored to taste and containing cream in varying proportions.
(b) ***Philadelphia*** ice cream: nothing but thin cream, sweetened and flavored to taste.

5. ***Q. Why should thin cream be used in making ice cream rather than thick cream?***

A. A very rich or thick cream will not freeze.

6. ***Q. What is the best proportion of ice to salt in ice-cream making?***

A. Recent experiments have proved that the best results are obtained by a mixture of one part of corase salt (salpetre) to seven parts of cracked ice or snow.

7. ***Q. How should the ice and salt be packed around a freezing mixture?***

A. The tub should be filled three-quarters full with ice and then covered with the proper proportion of salt. Some people prefer to mix the salt and ice together before packing into the tub.

8. ***Q. May snow be used to freeze ice-cream?***

A. It may be used exactly like ice, but should be tightly packed.

9. ***Q. What effect would too large a proportion of salt have on ice cream?***

A. It would give a coarse texture to the finished product.

10. ***Q. When does the cream really begin to freeze?***

A. Only when the ice in the surrounding bucket begins to melt.

11. ***Q. Should the crank of the ice-cream freezer be turned quickly or slowly?***

A. It should be turned quickly at first and then slowly.

12. ***Q. How much cream should be put into a freezer?***

A. As the cream expands in freezing, not more than three fourths of the freezer should be full at the outset.

13. ***Q. What kind of salt should be used for ice-cream making?***

A. Saltpetre or ammonium chloride is the very best freezing medium, but any coarse salt may be used. It is worse than useless to attempt to freeze any mixture with fine salt.

14. ***Q. What are the conditions that prevent cream from freezing?***

A. (a) When the cream is too rich or too much sugar or eggs have been added to it.

(b) When there is not enough salt in the freezing mixture.

15. ***Q. Why does a frozen mixture seems sometimes to have icicles through it?***

A. (a) The mixture was not rich enough in fats, or

(b) Too large a proportion of salt was used in the freezing mixtures.

16. Q. What is the disavantage of a vacuum freezer?

A. Such a freezer cannot produce a fine grained cream.

17. Q. How may water be prevented from getting into a can of ice cream buried in a freezing mixture?

A. The edges where the cover and the can meet should be covered with thin strips of greased cotton which will make the seams waterproof.

18. Q. What precaution may be taken so that a moulded cream may be easily removed from the can in which it was frozen?

A. The mould should be lined with waxed paper.

19. Q. What is the easiest way to crush ice for ice-cream making?

A. To crush it in a burlap or heavy canvas bag with a mallet.

20. Q. How can you tell when cream has been sufficiently frozen?

A. When the handle gets hard to turn.

21. Q. What could be done when the handle can no longer be turned?

A. The beater should be removed and scraped and the ice cream can should then be colsely packed in ice and salt in equal parts and the cream should be allowed to ripen for an hour or two. Ripened cream has a finer texture than freshly made cream.

22. Q. Which is to be preferred a wooden or a metallic tub to contain the freezing mixture?

A. A metal tub, produces quicker results, but a wooden tubis better for packing. Either one may be used to advantage.

23. Q. How should a "parfait" or other whipped cream mixture be frozen?

A. The mixture should be packed into a paper lined mould with a tight-fitting cover and the edge well sealed with greased strips of cotton an inch or so wide. The mould should then be buried in equal parts of ice and salt for at least four hours. A mousse will take about an hour less to freeze on account of the gelatine. When needed, the mould should be dipped into hot water for a minute and the cream shaken out. Only plain moulds should be used for whipped cream mixtures.

24. Q. Is it necessary to completely fill a freezer in order to freeze ice cream?

A. No, but the ice mixture in the outside bucket should extend two or three inches above the cream on the inside of the freezer.

25. Q. Is it necessary to dip a mould containing any frozen mixture into hot water to unmould it?

A. No, some cooks prefer to let the mould stand for five or ten minutes in cold water before unmoulding.

26. Q. How should sherbets and water ices be frozen?

A. Just like ice cream.

27. Q. How should fruit be added to a frozen dessert?

A. Some cooks prefer to let it soak an hour or two in brandy to cover and add it right at the beginning of the freezing process, others add it when the cream is frozen to a mush.

28. Q. What advantage is there in soaking fruit in brandy before adding it to a mixture that is to be frozen?

A. Fruit soaked in brandy does not harden, but keeps its natural texture when frozen.

29. Q. What is a "punch"?

A. A "punch" is a frozen water ice containing rum or alcohol in some form.

30. Q. What is a "coupe"?

A. A "coupe" is dessert made by filling glasses half full of chopped fruit and then topping with ice cream. Often the fruit is steeped in rum or brandy or a rich vanilla syrup.

31. Q. What is a "Baked Alaska"?

A. It is a brick of very solid ice cream, served on a sheet of sponge sake and thickly covered with meringue, then browned in the oven. The meringue and sponge cake being non-conductors do not let the heat through to the cream.

32. Q. What is a "bombe"?

A. It is a round mould lined with one kind of cream or water ice and filled with another variety. It is often frozen in a melon mould.

Recipes for puddings, hot and cold, creams and custards

Apple Meringue Pudding

2 cups apple purée or sauce sweetened to taste
½ teaspoonful cinnamon
5 tablespoonfuls cornstarch

Meringue
½ teaspoonful salt
2 tablespoonfuls butter
5 tablespoonfuls cold water

METHOD:

(a) Make purée or sauce by cooking apples in half their volume of water (apples should be measured when peeled and sliced) and cook until very tender. Strain and sweeten to taste.

(b) Mix cornstarch with cold water and stir into purée.

(c) Cook in double boiler until well thickened and slightly transparent, then add cinnamon with butter. Put into pudding dish.

(d) Let cool slightly and cover with meringue made with brown sugar (see "Meringues").

Baba or Savarin

1½ cup pastry flour
½ cup lukewarm water
4 eggs
¼ teaspoonful salt
1 yeast cake
⅔ cup butter
½ cup sugar

METHOD:

(a) Dissolve yeast in lukewarm water with 1 tablespoonful sugar and then beat in one-half the flour.

(b) Work the softened butter into the rest of the flour until it has completely disappeared.

(c) Beat 2 eggs with sugar until light and add to yeast mixture.

(d) Beat in remaining eggs, one at a time, beating well with the hand until very light and smooth.

(e) Add the flour mixed with the butter and beat again until smooth.

(f) Half fill buttered mould and let rise in warm place until doubled in bulk, then bake in 400° oven for from 30 to 40 minutes. When the buttered mould is generously sprinkled with chopped almonds, the Baba comes out of the mould more easily. Baba is generally served with a rich rum, vanilla or fruit sauce.

Banada Pudding

1 cup stale cake crumbs
½ cup banana pulp
2 teaspoonfuls lemon juice
3 eggs
2 cups milk
4 tablespoonfuls sugar
1 teaspoonful vanilla
¼ teaspoonful salt

METHOD:

(a) Add hot milk to cake crumbs and let soak half an hour.

(b) Add bananas and eggs, slightly beaten. Stir in other ingredients.

(c) Cook like custard in 350° oven in larger pan of hot water until firm in the centre, or steam.

(d) Unmould and serve with any rich sauce.

Bird's Nest Pudding

4 cups fresh or canned fruit
1 egg
1 teaspoonful baking powder
2 tablespoonfuls melted butter
½ cup sugar
1 cup milk
¼ teaspoonful salt
1 cup flour

METHOD:

(a) Put prepared fruit, sweetened to taste in bottom of baking dish.

(b) Sift baking powder and salt with flour and then stir in the milk beaten with the egg.

(c) Pour batter over fruit and bake in 400° oven until dough has well risen, then lower temperature to 350° and continue to cook for 45 minutes. Serve with hard sauce or any rich fruit sauce.

Bread Pudding

4 cups milk (hot)
2 eggs
¼ teaspoonful salt
1 teaspoonful vanilla
2 cups diced bread
1 tablespoonful butter
½ cup sugar

METHOD:

(a) Beat the egg with the sugar and add to the milk.

(b) Pour over the bread in a bowl or fireproof dish. Stir in the flavoring and steam until firm in the centre. The time depends on the size of the pudding.

Variations

Caramel

Add ½ cup of sugar caramelized with 1 tablespoonful butter to milk and simmer until dissolved. Finish like plain bread pudding.

Coffee

Use milk in which 4 tablespoonfuls of coffee has boiled to every cup.

Chocolate

Dissolve 2 squares of chocolate in the milk used for bread pudding.

Soufflée

Add 2 more eggs, folding in the stiffly beaten whites last of all. ⅛ teaspoonful soda may be added to the milk.

Charlotte Russe (with eggs)

2 eggs
1½ cups scalded milk
⅛ teaspoonful salt
½ cup sugar
1 teaspoonful flavoring
1½ tablespoonfuls gelatine
½ cup cold water
1 cup whipping cream
1 teaspoonful butter

METHOD:

(a) Soak gelatine for 5 minutes in cold water and then add to hot milk.
(b) Beat eggs with sugar and cook with hot milk in double boiler until it coats spoon or is like thick cream.
(c) Let mixture cool, but do not let it harden, and fold it into the whipped cream blended with the stiffly whipped whites of eggs.
(d) Fold in flavoring and pour into mould and let harden in a cold place.
Any fruit juice may be used for part of the milk. Unmould.

Charlotte Russe (without eggs)

Omit eggs in the above recipe and reduce cold water to 4 tablespoonfuls.

METHOD:

(a) Add the gelatine dissolved for 5 minutes in the cold water and stir into the hot milk until melted.
(b) Let cool and when on the point of setting fold by spoonfuls into the stiffly beaten cream. Flavor and set in mould in cold place until hardened.

Cottage Pudding

4 tablespoonfuls butter
⅔ cup sugar
2¼ cups flour
½ teaspoonfuls salt
1 cup milk
1 egg
4 teaspoonfuls baking powder

METHOD:

(a) Cream the shortening until very light then beat in the sugar a little at a time.
(b) Add the whole egg and continue beating, then add ½ the flour sifted with the baking powder and salt.
(c) Add the milk and then the rest of the flour with the flavoring.
(d) Pour into buttered and floured cake pan and cook in 350° oven until cake leaves the sides of the pan.
(e) Serve with any rich pudding sauce.

Custard Soufflée

4 tablespoonfuls butter
1 cup milk
4 eggs
4 tablespoonfuls flour
4 tablespoonfuls sugar
½ teaspoonful salt

METHOD:

(a) Make sauce of butter flour and milk, and add yolks of eggs beaten until light with sugar.
(b) When cool, fold in stiffly beaten whites of eggs. Cook for an hour in 325° oven, or 40 minutes at 375°.

Lemon Soufflée

4 eggs
Grated rind and juice of lemon
1 cup sugar

METHOD:

(a) Beat egg yolks with sugar until very light and then fold in stiffly beaten whites with lemon juice and rind.

(b) Pour in buttered pudding dish and bake in larger dish of hot water in oven at 375° until firm in the centre, from 35 to 40 minutes.

Orange Cream Soufflée

3 tablespoonfuls butter
1 cup milk
1 tablespoonful orange juice
4 tablespoonfuls flour
4 tablespoonfuls sugar
1 tablespoonful grated orange rind

METHOD:

(a) Make sauce of butter, flour and milk and then stir in well-beaten yolks, beaten until light with sugar.

(d) Add grated rind and juice and when cool, fold in the stiffly beaten whites and half fill covered buttered mould.

(c) Steam for 45 or 60 minutes. Unmould and serve with orange or any other rich sauce.

General Method

1 cup white sauce No. 3 or 4 according to the thickness of fruit purée
3 eggs
1 cup crushed fruit or purée
Sugar to taste

GENERAL METHOD:

The general method for any Soufflée is:

(a) Add well beaten yolks to sauce.

(b) Let cool and fold in stiffly beaten whites.

(c) Cook in oven in larger pan of hot water at 375° for 35 minutes or in oven without hot water for an hour at 325°.

Coffee or fruit juice may be used instead of milk in making the sauce that is the foundation of the soufflée.

If the fruit purée is ***thick*** as in the case of prunes, sauce No. 3 should be used; if it is ***thin,*** as in the case of peaches, sauce No. 4 should be used (see "Sauces").

Delmonico Pudding

2 cups canned or fresh peaches, strawberries or pineaples
Meringue
1 cup custard cream

METHOD:

(a) Put prepared fruit sweetened to taste in bottom of baking dish.

(b) Cover with custard sauce and top with meringue.

(c) Sprinkle meringue with sugar and brown in oven.

Sliced bananas or oranges may be used instead of the cooked fruit.

Fig Pudding

½ cup shortening
1 cup milk
4 whole, steamed figs
¼ teaspoonful nutmeg
¼ teaspoonful salt
2 cups flour
1 cup sugar
4 teaspoonfuls baking powder
2 eggs
1½ chopped steamed figs

METHOD:

(a) Line buttered mould with whole steamed figs and pour in batter made as follows:
(b) Cream shortening until light and then add sugar gradually and beat well.
(c) Add well beaten eggs to batter and then stir in half the flour sifted with the baking powder and salt.
(d) Add the milk and then the rest of the flour.
(e) Stir in steamed and floured figs and steam for 2½ hours in a covered buttered mould. Serve with foamy or creamy sauce.

Fruit Charlotte, Whip or Sponge

2 tablespoonfuls gelatine
2 cups strong coffee
3 egg whites
1 tablespoonful lemon juice
4 tablespoonfuls cold water
⅔ cup sugar
1 pinch salt

METHOD:

(a) Dissolve the gelatine in the cold water and then add to the hot fruit juice.
(b) Stir until gelatine is dissolved and add salt.
(c) When chilled and on the point of setting, fold gelatine mixture into the stifflly beaten egg whites and pour into glasses or moulds.

In using coffee or maple syrup to make a "sponge" omit the lemon juice.

Fruit pulp, such as strawberries and apricots may be used instead of fruit juices to make "sponges".

Meringues

4 egg whites
¼ teaspoonful cream of tartar
1 cup sugar

METHOD:

(a) Beat egg whites until foamy with Dover beater and then add cream of tartar and continue beating until a tablespoon will stand erect in the eggs.
(b) Beat in the sugar, 2 tablespoonfuls at a time, until one third remains and then fold in the rest lightly.
(c) Form into ovals on heavy paraffine paper or on baking tin warmed and rubbed with wax.
(d) Sprinkle with sugar and bake in 275° oven until firm to the touch.
(e) Hollow out and fill with flavored and sweetened whipped cream or with ice cream. Serve in a lace paper doily.

Mount Blanc

3 cups cooked French chestnuts (boiled without shells until tender).
Add milk to moisten and sweeten with powdered sugar to taste.

METHOD:

(a) Rub chestnuts thus prepared through strainer and pile in pyramid. Flavor with vanilla.

(b) Serve with whipped cream flavored with Kirsch or Maraschino.

Orange Jelly

2 tablespoonfuls gelatine
1¾ cups orange juice
1 cup sugar
1¾ cups boiling water
4 tablespoonfuls cold water
4 tablespoonfuls lemon juice

METHOD:

(a) Dissolve the gelatine in the cold water for 5 minutes and then melt in the boiling water.

(b) Combine the other ingredients and stir into the hot mixture.

(c) Pour into oiled mould and let set. 4 tablespoonfuls of sherry is a good addition. Neither orange nor lemon juice should be heated as it changes their flavor.

The orange juice may be replaced by any other fruit juice.

Plain Custard

2 cups milk
6 tablespoonfuls sugar
2 eggs or 4 yolks
1 teaspoonful flavoring

METHOD:

(a) Beat eggs or yolks and sugar until light with a Dover beater.

(b) Stir into milk, preferably hot, and flavor. Bake in buttered mould or steam until firm in the centre. If baked, pan should be set in oven in larger pan of hot water at 325°.

Variations

Caramel Custard

Replace 2 tablespoonfuls of sugar for every cup of custard by 2 tablespoonfuls of caramel syrup and make like plain custard.

Coffee Custard

Boil 4 tablespoonfuls ground coffee in every cup of milk used and finish like plain custard.

Maple Custard

Use maple sugar instead of white sugar or flavor the milk strongly with mapleine.

Moulded Custard

Add an extra egg or yolk to every cup of plain custard and finish in the same way.

Rice Custard

Add 1½ tablespoonfuls uncooked Carolina rice to every cup of milk used in making custard and cook in double boiler until rice is soft. Finish like plain custard.

Tapioca Custard

Soak 3 tablespoonfuls pearl tapioca or 1½ tablespoonfuls "minute" tapioca for every cup of milk used. Soak for one hour in cold water to cover then cook for 30 minutes in a double boiler. Finish like plain custard.

Rice Pudding

3 tablespoonfuls Carolina rice
4 cups milk
⅛ teaspoonful nutmeg
⅓ cup sugar
2 tablespoonfuls butter

METHOD:

Add rice to other ingredients and cook in slow oven (325°) for 2 or 3 hours, stirring every fifteen minutes for the first hour. It should be cooked until the rice has absorbed all the liquid, but not until it is dry.

Rice Velvet Cream (1)

1 cup cooked hot rice
¼ teaspoonful salt
1 tablespoonful gelatine
1 teaspoonful vanilla
3 tablespoonfuls cold water
1 cup whipping cream
4 tablespoonfuls sugar

METHOD:

(a) Drain rice and while still hot add gelatine dissolved in cold water for 5 minutes. Stir until gelatine is thoroughly melted.

(b) Add sugar and flavoring and let cool.

(c) Fold rice mixture into whipped cream and then fill mould. This dessert is particularly attractive if served in a ring mould filled with fresh, sweetened fruit.

Rice Velvet Cream (2)

3 cups milk
1 cup whipping cream
½ tesapoonfuls vanilla
3 ounces ground rice
4 tablespoonfuls sugar

METHOD:

(a) Cook ground rice for 15 minutes with milk in double boiler.

(b) Dissolve the gelatine in 2 tablespoonfuls cold water for 5 minutes and then stir into hot liquid in double boiler.

(c) Let chill and when on the point of setting, fold by spoonfuls into stiffly whipped cream, with 3 tablespoonfuls chopped cherries and 3 tablespoonfuls chopped almonds.

(d) Line mould with wine or orange jelly (a double mould is necessary) and fill with rice preparation to which vanilla should be added with nuts and cherries.

(e) Garnish unmoulded velvet cream with jelly and whipped cream.

Spanish Cream

1 tablespoonful gelatine
3 eggs
1 teaspoonful vanilla or 3 tablespoonfuls sherry
3 cups milk
½ cup sugar
¼ teaspoonful salt

METHOD:

(a) Dissolve gelatine for 5 minutes in milk then bring to boil and pour on the egg yolks beaten until light with the sugar.

(b) Cook mixture in double boiler until it coats the spoon, then add flavoring and set away to cool.

(c) When cold and on the point of setting, fold by spoonfuls into the stiffly beaten egg whites. Mould and chill.

Steamed Fruit Pudding

1 cup sugar
3 teaspoonfuls baking powder
2 cups flour
½ teaspoonful vanilla
1 cup milk
1 tablespoonful butter
1 egg
¼ teaspoonful salt

METHOD:

(a) Cream shortening and beat in sugar until very light.

(b) Beat in egg, then add half flour sifted with dry ingredients.

(c) Add milk then other half of flour.

(d) Half fill buttered mould with batter and then cover with either raw or canned slightly sweetened fruit.

(e) Fill mould with batter. Cover (buttered paper may be used if mould has no cover) and steam for 3 hours if in large mould, for one hour, if in individual moulds. Serve with any rich sauce.

Wine Jelly

2 tablespoonfuls gelatine
1 cup sugar
4 tablespoonfuls lemon juice
4 tablespoonfuls cold water
2½ cups boiling water
1 cup wine, preferably sherry

METHOD:

(a) Soak gelatine in cold water for 5 minutes and then melt in boiling water and add sugar and sherry or other wine.

(b) Add lemon juice and a pinch of salt and pour into oiled mould.

Zabaglione (1)

6 egg yolks
⅓ cup cherry or Marsala
2 tablespoonfuls powdered sugar

METHOD:

(a) Beat yolks and sugar over ***boiling*** water until thick and then add wine and continue beating until stiff in ***cold*** water.

(b) Serve either hot or cold in glasses sprinkled with cinnamon. Orange juice may be substituted for sherry.

Zabaglione (2)

8 egg yolks
½ cup wine or orange juice
½ cup sugar

METHOD:

Make like method of recipe No. 1.



WHITE FRUIT CAKE (page 229)

Windsor Pudding

1 cup grated raw carrot
½ cup suet or melted shortening
1 cup raisins
1 cup grated raw potato
1 cup brown sugar
1 teaspoonful soda
1 cup flour
½ teaspoonful cloves
¼ teaspoonful salt
1 teaspoonful cinnamon

METHOD:

(a) Sift flour with soda and salt and stir in the chopped fruit with the suet or the melted shortening.

(b) Fill buttered mould and steam for 3½ hours. Mould should be covered with buttered paper. Unmould and serve with hard sauce or a rich fruit sauce.

Recipes for Frozen Desserts

Any Mousse (Frozen)

1 cup fruit juice
2 tablespoonfuls cold water
2 cups whipping cream
1 tablespoonful gelatine
2 tablespoonfuls lemon juice
1 cup sugar or more to taste

The lemon juice should be omitted in coffee or maple mousses, where 1 cup coffee or 1 cup maple syrup may replace the fruit juice.

METHOD:

(a) Dissolve the gelatine for 5 minutes in the cold water, then melt in the hot fruit juice.

(b) When juice is cool, and on the point of setting, fold it into the stiffly whipped cream by spoonfuls.

(c) Pack into mould lined with waxed paper and freeze in a mixture of equal parts of saltpetre and chopped ice. A mousse should not be stirred during freezing, but should be buried in the freezing mixture for at least 3 hours.

**Any Parfaits*

1 cup water, coffee or fruit juice
3 eggs whites or 6 yolks
1 cup sugar
2 cups whipping cream

METHOD:

(a) Cook the liquid with the sugar to 240° and pour slowly on the beaten whites or yolks of eggs, beating all the time until cool.

(b) Let chill and fold into the stiffly beaten cream.

(c) Pack into a mould lined with waxed paper and freeze in equal parts of saltpetre and chopped ice without stirring for 4 hours.

Any Sherbet

1 or 2 cups fruit juice or coffee
2 cups sugar
4 cups water
2 egg whites or 1 tablespoonful gelatine

METHOD:

(a) Cook sugar and water together for 5 minutes then add gelatine dissolved for 5 minutes in 1 tablespoonfuls cold water and let cool.

*This recipe may also be used for Charlotte Russe or Bavarian Cream (not frozen).

(b) Add fruit juice or coffee and freeze like French ice cream. If egg white is used instead of gelatine, add them stiffly beaten to the sherbet when it is frozen to a mush and continue to freeze until hard.

Any Water Ice

4 cups water
1 or 2 cups fruit juice
2 cups sugar
2 to 4 tablespoonfuls lemon juice

METHOD:

(a) Cook sugar with water until clear then let cool.

(b) Stir in fruit juices and freeze like French ice cream.

Condensed Milk Ice Cream

4 cups milk
1 tablespoonful flavoring
2 beaten eggs
1 14-oz. can of condensed milk (not evaporated milk)

METHOD:

(a) Stir condensed milk into other milk with eggs and sweeten to taste with confectioner's sugar.

(b) Freeze like French ice cream.

French Ice Cream

4 cups milk
6 egg yolks
1 tablespoonful flavoring
1 cup sugar
¼ teaspoonful salt
2 cups cream

METHOD:

(a) Add well-beaten yolks to scalded milk and cook in double boiler until mixture coats a spoon, guarding against overcooking the eggs.

(b) Add other ingredients and let cool.

(c) Freeze in mixture of seven parts of crushed ice to one of saltpetre or coarse salt.

Variations. — ***A richer cream*** is made by adding 8 yolks instead of six, or by using 4 whole eggs.

Frozen Pudding

2½ cups milk
1 cup sugar
4 tablespoonfuls rum
2 eggs
1 cup whipping cream
1 cup mixed chopped candied fruit

METHOD:

(b) Make a custard of eggs, sugar and milk, by cooking until slightly thickened in a double boiler. Let cool and add rum, and whipped cream.

(c) Fill a mould with alternate layers of cream mixture and fruit and freeze like French ice cream.

Instead of the custard, 4 cups of thin cream may be used with the fruit and rum.

Junket Ice Cream

1 junket tablet
2 tablespoonfuls cold water
1 tablespoonful vanilla
1 cup thick cream
4 cups milk
1 cup sugar

METHOD:

(a) Crush tablet in cold water and stir into lukewarm milk, sweetened and flavored to taste, and mixed with cream.

(b) Freeze like French ice cream, when set.

Caution: If the milk is hotter than lukewarm (110°), the junket will not thicken it. Milk that has been boiled cannot be used.

Variations

The recipe of any of the above ice creams may be varied in the following way:—

Almond

Add ¼ lb. almond paste or ⅓ lb. crushed almonds. For ***Burnt Almond*** cream, grill the almonds before crushing.

Apricot

Add 4 cups fresh apricots, or 2 cups canned or stewed dried apricots, sweetened to taste, when the cream is frozen to a mush.

Banana

Add 4 to 6 bananas mashed with 1½ tablespoonfuls lemon juice.

Bisque

Add 1 cup crushed macaroons and 1 cup sherry.

Chestnut

Add 3 oz. finely chopped candied marrons or chestnuts.

Chocolate

Add 2 to 4 oz. bitter chocolate or ⅔ cup cocoa with ¼ teaspoonful cinnamon and 1 teaspoonful vanilla.

Coffee

Substitute 1 cup of the liquid called for in the recipe by 1 cup of very strong coffee.

Lemon

Add 6 teaspoonfuls of grated lemon rind with 9 tablespoonfuls lemon juice and 4 tablespoonfuls sugar.

Macaroon

1 cup dried rolled macaroons, 1½ teaspoonfuls vanilla, ¾ teaspoonful almond extract.

Maple

Add 2 cups of maple sugar, finely shaved instead of the sugar in any recipe.

Orange

Use 2 cups orange juice with 1 cup of thick cream and 1 cup thin cream and sweeten to taste instead of 4 cups milk or cream.

Peach

Make like apricot ice cream.

Peanut

Add 1½ cups crushed peanut brittle, just before freezing.

Peppermint

Add 1 lb. finely crushed peppermint stick to hot milk or cream and omit sugar. When thoroughly dissolved, freeze like French ice-cream.

Pineapple (Special recipe)

6 cups thin cream, ½ cup sugar, 1 can of grated pineapple.

Pistachio

Add ½ cup ground pistachio nuts, 1 tablespoonful almond extract, and green coloring. Serve sprinkled with shredded cocoanut.

Plum Pudding

Add 1½ cups stewed raisins, ¾ cup finely shredded cocoanut, ¾ cup finely shredded figs, 2 oz. melted chocolate, ½ teaspoonful cinnamon, ¼ teaspoonful ground cloves and 4 tablespoonfuls sherry to any formula.

Raspberry

Add 4 cups raspberries which have stood for an hour well sprinkled with sugar and mixed with 4 tablespoonfuls lemon juice.

Strawberry (Special recipe)

Add 2-quart boxes of crushed strawberries to 6 cups of thin cream and 2 cups sugar. Let berries stand an hour with sugar before freezing.

Nesselrode Pudding

3 cups milk
5 egg yolks
2 cups thin cream
1½ cups prepared French chestnuts
1½ cups sugar
½ teaspoonful salt
4 tablespoonfuls pineapple syrup

METHOD:

(a) Cook beaten yolks well beaten with sugar in hot milk in double boiler until slightly thickened.

(b) Add boiled mashed chestnuts with cream and pineapple syrup and freeze like French Ice Cream.

(c) Line a two-quart mould with ½ the frozen mixture and then fill with the rest mixed with ½ cup candied fruit in small pieces, 4 tablespoonfuls Sultana raisins and 8 diced chestnuts.

(d) Cover mould and pack in equal parts of ice and saltpetre for 2 hours.

Philadelphia Ice Cream

6 cups thin cream
1 tablespoonful flavoring
1 cup plus 2 tablespoonfuls sugar

METHOD:

(a) Scald cream by cooking until bubbles form around the edge.

(b) Add sugar and let cool, then freeze like French ice cream.

Pudding Sauces

*Banana Sauce

1 banana
2 tablespoonfuls cream
2 tablespoonfuls water
2 tablespoonfuls whipped cream
2 tablespoonfuls flour
2 tablespoonfuls sugar
1 teaspoonful rose water
1 teaspoonful lemon zest

METHOD:

(a) Cook flour, cream and water together in a double boiler until they thicken.

(b) Add the banana pulp with the rose water and the sugar and cook for five minutes

(c) Add the lemon zest or grated peel and fold in lightly the whipped cream. Serve immediately.

Brown Betty Pudding

6 ounces brown bread crumbs (about 1½ cups)
Grated rind of a lemon
2 ounces of slices citron peel
6 tablespoonfuls sugar
3 eggs
½ teaspoonful nutmeg
4 ounces of beef suet
1 lb. chopped tart apples

METHOD:

Line the buttered mould with bread cut into fancy shapes, then fill with the shredded suet mixed with the well-beaten eggs and other ingredients cover and steam for 3 hours or cook as Marquise pudding.

Brown Sugar Sauce

1 cup brown sugar
½ cup water
1 beaten egg
3 tablespoonfuls lemon juice

METHOD:

(a) Cook sugar and water together for five minutes, then pour on well-beaten egg and cook for another minute.

(b) Add the lemon juice and strain before using.

*Butterscotch or Caramel Sauce

1 cup sugar
1 cup white corn syrup
¼ teaspoonful salt
1 cup thick cream
teaspoonful vanilla

METHOD:

Cook all the ingredients together in a double boiler for an hour.

*Chocolate Sauce (1)

2 ounces or squares of unsweetened chocolate
½ cup hot water
1 tablespoonful butter
½ teaspoonful vanilla
1½ cups powdered sugar

METHOD:

Combine all the ingredients and cook together for 15 minutes in a double boiler.

*These sauces are excellent when served with ice cream.

*Chocolate Sauce (2)

1½ ounces or squares of unsweetened chocolate
1 cup less 2 tablespoonfuls milk
1 tablespoonful butter
3 tablespoonfuls cream
½ teaspoonful vanilla
½ teaspoonful cornstarch
2 tablespoonfuls sugar (granulated)
2 tablespoonfuls powdered sugar

METHOD:

(a) Cook the chocolate with the sugar and the milk in a double boiler for 10 minutes.

(b) Mix the cornstarch with the cream and salt and add to the mixture.

(c) Caramelize the powdered sugar with the butter and add to the other ingredients. Add the vanilla.

Clear Sauce

½ cup sugar
1 cup boiling water
1 tablespoonful butter
1 tablespoonful flour
1 teaspoonful flavoring

METHOD:

Cook the flour with the butter and add the boiling water with the sugar. Add flavoring.

Note: By adding 2 ounces of squares of chocolate or ⅔ cups of cocoa to the boiling water in clear sauce, a ***chocolate sauce*** is made. By adding 3 teaspoonfuls of lemon juice and 2 teaspoonfuls of grated lemon ring, a ***lemon sauce*** is made.
By adding 4 tablespoonfuls of sherry or other wine, a ***wine sauce*** is made.

Delicate Sauce

½ cup sugar
5 tablespoonfuls hot milk
2 beaten eggs
½ teaspoonful vanilla

METHOD:

(a) Add the boiling milk to the yolks bea ten until light with the sugar.

(b) Fold in the stiffly beaten whites and add flavoring. Serve hot or cold.

Diplomatic Pudding

Stale sponge cake or lady fingers
Gelatine
Sherry or any other flavoring to taste
Candied cherries, angelica and almonds
Sugar
Milk
Whipping cream
Eggs (yolks alone may be used)

METHOD:

(a) Line a mould with cake cut into fancy shapes and decorate with cherries, angelica and nuts. Fill mould with alternate layers of cake and fruit.

(b) Heat as much milk as is required to fill the mould and pour on to the sugar beaten until light with the eggs (1 egg or 2 yolks with 2 tablespoonfuls sugar for every cup of milk used). Add to the hot milk before pouring on the eggs,

*These sauces are excellent when served with ice cream.

1 tablespoonful gelatine dissolved in 2 tablespoonfuls cold water for 5 minutes for every 2 cups of milk used. Season to taste and pour the liquid over the cake and fruit in the mould. Chill and when set unmould. Serve with any rich sauce.

*Fudge Sauces

Any of the "fudges" (see "candy recipes") may be used for sauces if cooked to 236° and beaten until slightly thickened and cooled before using.

Hard Sauce

4 tablespoonfuls butter
½ teaspoonful grated nutmeg
¾ cups powdered sugar
½ teaspoonful vanilla

METHOD:

Cream the butter until ***very light*** and add the sugar gradually, then the flavoring.

By adding one beaten egg white, a ***"Nuns' sauce"*** is made. By adding one-half cup of whipped cream, a ***cream sauce*** is made.

Ice Box Pudding

24 lady fingers
1 cup butter
½ cup whipping cream
½ teaspoonfuls milk
2 ounces or squares of unsweetened chocolate
½ cup sugar (granulated)
4 tablespoonfuls water
2¼ cups icing sugar
4 eggs

METHOD:

(a) Line the sides and bottom of a plain mould with lady fingers. A spring mould, when procurable, gives excellent results.**

(b) Boil the granulated sugar with the water for 5 minutes, then add the melted chocolate and pour ***very gradually*** on the well-beaten yolks. Let mixture cool.

(c) Cream the butter and gradually beat in the icing sugar, then mix with the chocolate mixture and beat until light (about 3 minutes). Add milk.

(b) Fold in the stiffly-beaten whites, flavor with vanilla (½ teaspoonful) and pour into the prepared mould.

(e) Set in ice box or cold place for 24 hours, then unmould and garnish with whipped cream.

Jelly Sauce

1 cup sugar
4 tablespoonfuls water
1 cup currant jelly
2 tablespoonfuls lemon juice

METHOD:

Boil the sugar and water together for 5 minutes, then add the lemon juice and whipped jelly. Serve at once.

*These sauces are excellent when served with ice cream.
**It is well to line the mould with waxed paper.

Lady Fingers

3 egg whites
2 yolks
½ teaspoonful vanilla
½ cup powdered or fruit sugar
½ cup pastry flour
Pinch of salt

METHOD:

(a) Beat the whites until stiff enough to hold up a tablespoon, then gradually beat in the sugar, 2 tablespoonfuls at a time.

(b) Add the yolks beaten until thick and lemon-colored, then ***fold*** in the flour and add the flavoring.

(c) Form on unbuttered paper or half-fill unbuttered moulds and bake in 300° oven for about 10 minutes. They should be sprinkled with powdered sugar before being put into the oven.

Marquise Pudding

Stale sponge cake
Eggs
Candied cherries
Sliced citron
Milk
Seedless raisins
Sugar
Vanilla

METHOD:

(a) Line a ***well-buttered*** mould with slices of cake cut into fancy shapes and decorate with cherries and citron.

(b) Fill the mould with alternate layers of cake and any preserves, candied fruit or fresh fruit and pour over enough milk to fill the mould, adding for every cup of milk used, 1 egg beaten with 2 tablespoonfuls sugar. The milk egg and sugar, should be mixed before using.

(c) Steam or cook in oven in a pan lined with a thick layer of wet newspaper until the centre is firm. The mould may be covered with buttered paper if it has no cover. Let stand for half an hour before cooking for an hour and a half.

Buttered bread may be employed instead of cake.

Molasses Sauce

1 cup molasses
2 tablespoonfuls lemon juice
1 tablespoonful butter
¼ teaspoonful salt

METHOD:

Cook together for 10 minutes. Serve hot.

Orange Sauce

4 tablespoonfuls butter
4 tablespoonfuls cream
4 tablespoonfuls sugar or more to taste
4 yolks
4 tablespoonfuls orange juice
1½ tablespoonfuls lemon juice
Grated rind of an orange

METHOD:

(a) Add the well-beaten yolks to the creamed butter.

(b) Add the sugar mixed with the cream and let thicken over the fire, stirring all the time. Add the fruit juices and rind and serve at once.

Sabayon Sauce

1 whole egg
½ cup sugar
2 teaspoonfuls lemon juice
2 yolks
½ cup sherry

METHOD:

(a) Beat the eggs and sugar in a bowl set in larger dish of boiling water until lukewarm, then remove bowl and set in dish of cold water and continue beating until as light and thick as whipped cream.

(b) Add the sherry, ***very gradually,*** beating all the time with a Dover beater. Add the lemon juice last of all. Serve either hot or cold. As much whipped cream as sauce may be added when the sauce is chilled.

Orange juice may replace the sherry in Sabayon, if so preferred.

Chocolate Sauce de Luxe

4 squares or oz. of unsweetened chocolate
1 can Eagle brand condensed milk

METHOD:

Melt chocolate; add to milk and cook in double boiler until thick. Sweeten with icing sugar to taste and add ½ teaspoonful vanilla. Thin with boiling water if necessary.

Cakes

1. Q. What are the two great classes of cakes?

A. Cakes are divided:

(a) ***Butter*** cakes, or cakes made ***with*** shortening, and

(b) ***Sponge*** cakes, or cakes made ***without*** shortening.

2. Q. What are the two varieties of butter cakes?

A. Butter cakes are divided into:

(a) Cakes that ***begin*** with butter, or ***creamed*** butter cakes, and

(b) Cakes that ***end*** with butter, or ***melted*** butter cakes.

3. Q. What is the standard method of mixing cakes with creamed shortening or butter?

A. (a) Cream the shortening or butter in a china or granite ware bowl with a wooden spoon until as light as whipped cream. (The shortening may be left in a warm room for a few hours before using to soften it up a little, but under no circumstances should it be melted.)

(b) Add the sugar gradually beating all the time so as to get as much air as possible into the batter. Add the eggs either one at a time, beating well in between, or beaten all together until light.

(c) Add to the batter egg about one third of the sifted dry ingredients and beat well.

(d) Add about one third of the cold liquid and then continue alternating flour and liquid about one third each time until all have been used.

(e) Stir in the flavoring and pour batter into buttered and floured pans until they are half full.

(f) Put cakes into oven brought to 350 degrees, and, keeping the temperature as near as possible at the given degree, cook until the cake leaves the sides of the pan, or until a straw pushed into the deepest part of the cake comes out clean.

(g) Let cake cool, in pan for at least ten minutes before taking it out.

4. Q. What is the standard method of making cakes with melted shortening?

A. (a) Beat the eggs and the sugar in a bowl set in a larger bowl of boiling water, taking care that the batter does not get hotter than lukewarm, beat until the mixture has a texture of whipped cream. Once it is lukewarm remove batter immediately from hot water.

(b) Fold the sifted dry ingredients into the cooled batter and then add the cooled melted shortening with the flavoring. Half fill buttered and floured pans and bake in an oven heated to 350 degrees until the cake leaves the side of the pan or until a straw plunged into the deepest part of the cake comes out clean. Let cake cool for at least ten minutes, right side up, before removing from the pan.

5. Q. What is shortening?

A. Shortening is the name given to any fat or mixtures of fat used in cooking.

6. Q. What are the advantages of allowing a butter cake to cool in the pan?

A. (a) It is much easier to remove a cool cake from the pan.

(b) A cake cooled in the pan keeps fresh much longer as the moisture is condensed within.

7. Q. How should a pan be prepared for cake baking?

A. A pan should be well buttered with either clarified butter, suet, lard or oil and then the bottom should be generoulsy floured.

8. Q. Why is it wise to flour the pans after buttering them?

A. (a) By flouring the bottom of the pans it is very quickly seen whether the entire bottom has been buttered.

(b) The flour will absorb any surplus fat, for too much fat is even worse than too little.

9. Q. What are the principal shortenings used in cake making?

A. Butter is naturally the best, but there are many good substitutes and many cooks never use more than half butter, combined either with lard or some other cooking fats. Naturally savory or flavored fats, such as bacon fat, chicken fat or unclarified suet should never be used for cakes. Crisco is an excellent shortening and gives a particularly white and moist cake.

10. Q. How does one know whether shortening has been sufficiently beaten for cakes?

A. It should have the texture of whipped cream, but be very much nearer white than in its original state.

11. Q. What is the best kind of sugar for cake making?

A. For ***ordinary*** cake making granulated or castor sugar is the best, but for ***dark*** cakes such as spice, fruits or ginger cakes, brown sugar may be used. Powdered sugar is much more easily dissolved but gives too dry a texture. Confectioners' sugar should never be used.

12. Q. What liquids are employed in cake making?

A. Probably water or milk are most generally used, but practically any will do. Many cooks save the water in which potatoes or rice is cooked, claiming that such liquids give a more velvety texture to their cakes. European recipes often call for fruit juices or coffee.

13. Q. What flour should be used to get the best results in cake making?

A. At the Cooking School we have gotten excellent results from both "Swansdown" and "Diana" flour, but good results may be obtained from practically any good pastry flour.

14. Q. How can bread flour be distinguished from pastry flour?

A. By making a dough and rolling. If bread flour had been used the dough will have a tendency to roll back, but if pastry flour has been used, the dough will stay exactly as it has been rolled.

15. Q. If pastry flour is unobtainable what can be done to bread flour to make it more suitable to cakes?

A. For every cup of bread flour used two tablespoonfuls may be replaced by two of cornstarch.

16. Q. What are the principal leavening agents used in making cakes?

A. (a) Eggs.

(b) Baking powder.

(c) Soda and cream of tartar.

(d) Soda alone.

17. Q. When is it imperative to use nothing but eggs to leaven a cake?

A. If a cake is to be kept any length of time it is best to use no leavening agent other than eggs as they keep the cake moist, whereas cakes made with artificial leavens dry out very quickly.

18. Q. What relation does baking powder bear to eggs?

A. After the first egg, the eggs in a recipe may be replaced each one by one half teaspoonful of baking powder. Cakes to be eaten hot suffer less by substituting eggs with baking powder than cakes that are to be kept for some time.

19. Q. How does baking powder stand from a hygienic standpoint?

A. Whereas a minimum quantity may have no deleterious effects; too many hot breads with mineral leavenings agents would eventually prove disastrous to the best digestive powers.

20. Q. What is baking powder?

A. Baking powder is a mixture of one part of soda (bicarbonate of Sodium) with two parts of cream of tartar (by-tartarte of potassium or an equivalent acid). Manufacturers generally add a little starch to keep the two main ingredients dry.

21. Q. Why is it essential to keep baking powder dry?

A. Because as soon as it is in the presence of heat and moisture, it begins to evolve carbonic acid gas and would, therefore, be useless when put into the oven.

22. Q. Explain why if you were disturbed in making a cake, and the baking powder were already in the batter you would instinctively set the cake in a cold place until you could finish it?

A. Because keeping the batter cold would prevent the carbonic acid gas being evolved before the cake was put into the oven.

23. Q. What is the difference between beating and stirring?

A. ***Stirring*** is a round and round motion, whereas ***beating*** is an up and down motion.

24. Q. Why should cake batter be beaten rather than stirred?

A. Because beating incorporates more air and therefore makes a lighter cake.

25. Q. How should eggs be added to cake batter?

A. (a) By adding whole eggs, one at a time immediately after the creaming of the butter and sugar, and beating until the mixture is thoroughly aerated.

(b) By beating the whole eggs together until thick and lemon colored and then beating them into the creamed butter and sugar.

(c) By separating the eggs and adding the well-beaten yolks immediately after the creaming of the butter and sugar and then ***folding*** in the stiffly beaten whites at the very end.

(d) By beating the whole eggs with the sugar until the mixture has the texture of whipped cream.

26. Q. What is the BEST method of adding eggs to a cake batter?

A. It all depends on the results required:

For a cake with very ***close texture,*** add the whole eggs one at a time.

For cakes with a ***fluffy*** texture, but which do not keep so well, separate the eggs.

For cakes that call for melted shortening or for sponge cakes beat the eggs and the sugar with the Dover beater until the mixture has a texture of whipped cream.*

*This may be done over hot water.

27. Q. Can sweet milk be replaced in a recipe by sour milk?

A. Yes.

First, reduce the baking powder in the sweet milk recipe by one half its quantity.

Second, add one-half teaspoonful of soda for every cup of liquid called for by the sweet milk recipe.

There is a marked tendency among cooks nowadays to use both baking powder and soda where formerly only soda was used.

28. Q. Should soda be added to hot water before being stirred into the batter?

A. Never. To do so would be a breach of a fundamental law of chemistry, as the carbonic acid gas would then be evolved immediately, whereas it should be evolved in the oven only.

29. Q. How should all leavening powders be added to batter?

A. All leavening powders, whether baking powder, soda or ammonium carbonate should be mixed with the flour and then added to the batter.

30. Q. How should spices be added to cake batter?

A. All ground spices should be added to the flour before mixing it into the batter.

31. Q. How should fruit or nuts be added to cake batter?

A. Fruit or nuts thoroughly cleaned and ***dried*** should be put into the sifter with the flour called for in the recipe, and stirred into the dough last of all.

32. Q. Why is it necessary that fruit or nuts should be floured before adding to a recipe?

A. If they are not floured they will, in most cases, sink to the bottom and make a distinct layer there rather than be scattered throughout the cake as they should be.

33. Q. How could you avoid fruit cake having the taste of burnt fruit?

A. By putting a layer of batter ***without*** any fruit in the bottom of the pan and then filling up with the rest of the batter.

34. Q. How should pans be prepared for fruit cakes?

A. It is a wise precaution to line the pans for fruit cake with heavy paper well buttered as the long cooking required is apt to form a crust.

35. Q. Where should a cake be placed in the oven?

A. As near the centre of the oven as possible. Many cooks refuse to cook anything else in the oven with a cake.

36. Q. How could you tell when it is time to take a cake out of the oven?

A. (a) When the cake withdraws from the sides of the pan.

(b) When a straw plunged into the deepest part of the cake comes out with no batter adhering.

37. Q. What makes cakes rise in a peak on the top?

A. (a) Too hot an oven at the commencement.

(b) Too much flour in proportion to the liquid.

(c) Failure to pile the batter on the sides, before putting the cake into the oven.

If the surface of a cake merely cracks while cooking, it means little, as most cakes are turned upside down to be iced.

38. Q. Why are cakes sometimes coarse grained?

A. (a) The sugar and shortening were not sufficiently creamed.

(b) The cake was cooked too slowly.

(c) Too much sugar for the other ingredients.

(b) A heavy bread flour rather than a light pastry flour.

39. Q. How can you tell whether the sugar all dissolves before putting the cake into the oven?

A. The simplest way is to taste a little batter and if there are any grains of sugar present continue beating until they disappear.

40. Q. Is there any danger of causing a cake to fall by opening the oven door?

A. None whatever, everything else being as it should be.

41. Q. Why do cakes sometimes fall on being removed from the oven or even before?

A. (a) A badly proportioned recipe.

(b) Insufficient cooking.

A cake that falls when the oven door is carefully opened during the cooking, is going to fall anyhow.

42. Q. When is soda used in cakes without cream of tartar and how is the quantity to be gauged?

A. All acids like molasses, brown sugar, sour milk, vinegar, lemon juice, dates and chocolate require soda alone. One half teaspoonful of soda to every cup of liquid called for in the recipe.

43. Q. What do you mean by sour milk?

A. The term, sour milk, in cooking means thickened or clabbered milk, or butter milk.

44. Q. May water be used to replace milk in a cake recipe?

A. Yes, particularly water in which rice or potatoes have cooked.

45. Q. How should milk be replaced by water in cake making?

A. One cup of milk may be replaced by one cup of water but some cooks add two extra teaspoonfuls of shortening for every cup of water used.

46. Q. May cream be used in cake making?

A. Cream, especially sour cream, makes a very tender cake. One cup of milk equals one and one fourth cup of thin cream, minus five tablespoonfuls of shortening.

One cup of milk equals one and seven-eights minus six tablespoonfuls of shortening.

One cup of milk equals two cups of thick cream, minus one cup of shortening.

The shortening is understood to be the amount called for in the recipe.

47. Q. Are there any conditions under which chicken fat could be used in cake making?

A. In highly flavored fruit or spice cakes, chicken or any other hard fat serves the purpose very well.

48. Q. What is the best method of making a sponge cake?

A. (a) Beat the whole eggs and sugar together over boiling water with a Dover beater until the mixture has a texture of whipped cream, being careful not to let it get hotter than lukewarm.

(b) Let mixture cool and fold in the dry ingredients sifted with the flour.

(c) Add the flavoring and half fill an unbuttered tube or narrow pan, put into cold over and let temperature rise to three hundred degrees. Cook until cake seems firm to the touch.

(d) Remove cake from oven and turn pan upside down until quite cold.

49. Q. What is a "Sunshine" cake?

A. A sponge cake made with the sugar and water cooked to a syrup. (See recipes.)

50. Q. Why should a sponge cake never be beaten once the flour and whites of eggs are both in the batter?

A. Because by so doing you make it tough.

51. Q. Why should narrow or tube pans be used for sponge cake?

A. Because the batter is so light that it cannot hold up a broad expanse and needs either the close sides or the support of the tube.

52. Q. Why should a sponge cake be turned upside down until cold?

A. So that the cake will not fall back upon itself, but cool with plenty of air gathered through it.

53. Q. Why should we never butter sponge cake pans?

A. Because we want the batter to adhere to the sides, the bottom may be buttered but never the sides.

54. Q. How could one best give an orange or lemon flavor to a cake?

A. By adding a teaspoonful of grated orange or lemon rind for every cupful of flour used.

55. Q. What condition makes the texture of cake too brittle or crummy?

A. The use of too much shortening, either in the form of fat or the yolks of eggs.

56. Q. What are the best kind of pans for cake making?

A. Either heavy aluminum or English tin. When the material is too thin, the sides of the cake is apt to bake before the heat has penetrated to the centre with the result that there will be a volcano effect on the top. Heavy paper or cardboard may be used to line thin tins.

57. Q. At what temperature should cakes be baked?

A. (a) All ***butter*** cakes, or cakes with shortening in them, should be baked at a temperature ranging from three hundred and fifty to three hundred and seventy-five degrees. The thinner the cake the higher the temperature.

(b) All ***sponge*** (without baking powder) cakes may be put into a cold oven which is gradually brought to three hundred degrees, and kept at that temperature until the cake is finished, or they may be put into a three hundred degree oven and cooked at that temperature until finished.

58. Q. Which is the better for cake making, fine granulated sugar or coarse granulated sugar?

A. Contrary to general opinion, coarse sugar ***often*** dissolves more rapidly than fine as the fine sugar is cooked to a higher degree in the process of ***crystallization,*** therefore, coarse sugar is better for cakes.

59. Q. Is powdered sugar granulated?

A. No, powdered or fruit sugar is much more soluble than fine granulated sugar.

60. Q. What is the disadvantage of using powdered sugar for cakes?

A. It dries out too quickly, thereby lessening the keeping of the cakes in which it is used.

61. Q. How should chocolate be added to cake batter?

A. Chocolate is generally melted, either alone or in hot water, and then added to the other liquid used in the recipe. Is it often combined with sour milk after having been melted.

62. Q. May cocoa replace chocolate in cake making?

A. Cocoa may be substituted in any cake calling for chocolate by adding one third cup of cocoa plus two teaspoonfuls of shortening for every ounce of chocolate called for in the recipe.

63. Q. How should desiccated cocoanut be treated before adding to the cake batter?

A. It should be soaked in either fruit juice, milk or water for an hour or so before using.

64. Q. Why should butter be clarified before being used to butter pans?

A. Because the salt in it would make cakes stick.

65. Q. What do you mean by clarified butter?

A. Simply butter that has been melted, thereby allowing the salt to go to the bottom.

66. Q. If the bottom or sides of a cake were burned what would you do?

A. When the cake is cold, the burnt portion may be rubbed off with a coarse grater.

67. Q. How could you keep cake from browning too rapidly?

A. By covering it with a piece of thick brown paper.

68. Q. What precautions must be taken with cakes that contain chocolate and molasses?

A. They must be watched more carefully while cooking as they are very apt to burn.

69. Q. How may cakes be kept fresh?

A. They should be kept in a tin box with a tight-fitting lid containing either an apple or an orange.

70. Q. What cakes should never be sliced?

A. Sponge cakes and Angel cakes should be broken apart but never sliced with a knife.

71. Q. Are cakes ever made with yeast?

A. An old-fashioned cake, more like a sweet bread, known as "Election Cake" calls for yeast, but it is rarely made nowadays.

72. Q. What condition makes sponge cakes tough?

A. The beating of the batter after the whites of eggs have been put in.

73. Q. Why is it sometimes impossible to beat egg white?

A. Because some fatty substance, such as a little yolk, has found its way into the whites.

74. Q. Why should a pinch of salt be added to egg whites before whipping?

A. Because it make the whites beat more rapidly.

75. Q. How should egg whites be beaten for cakes? For meringues?

A. (a) For ***cakes*** the egg whites should be beaten on a platter with a wire egg whip in order to beat in as much air as possible.

(b) For ***meringues,*** the egg whites should be beaten in a bowl with a Dover beater in order to get the mass as compact as possible.

76. Q. How do you make a marble cake?

A. Either a plain or a white cake batter may be divided into three parts, to one add enough cocoa to give a good color, to another add a little pink coloring and leave the third part as it is. Drop the batter by spoonfuls into a floured and buttered pan and bake as usual.

77. Q. How should cakes be iced?

A. (a) ***Cooked*** or ***boiled*** icings may be put on the cake while it is warm as they will set more quickly.

(b) ***Uncooked*** icings should be put on perfectly cold cakes.

78. Q. How could you prevent crumbs from mixing with the icing on a cake?

A. (a) By first covering the cake with a thin coat of icing made by diluting icing sugar with milk or water until it is like thin cream. This coating should dry before the real icing is put on. By putting the cake in a warm place the first icing will set quickly, or

(b) Brush over the cake with slightly beaten egg white and when it is dry ice the cake as usual.

79. Q. Why do meringues sometimes rise in the oven and fall as soon as taken out?

A. The oven was too hot. Meringues requires ***not*** more than three hundred degrees and should not rise at all. They should simply dry out.

80. Q. How would you know when meringues were sufficiently cooked?

A. When they are firm to the touch, remembering always, that they will harden still more when taken out of the oven.

81. Q. Why do some cooks put their meringues on a dampened board to cook?

A. So that the bottoms will not be crusty and the centres may be more easily removed.

82. Q. How should the pans for baking meringues be prepared?

A. They should be lined with heavy wax paper, or rubbed while warm with paraffin wax.

83. Q. Why do cream puffs sometimes fall as soon as they are taken out of the oven?

A. They were not cooked enough. When they ***look*** as though they were done they should be allowed to remain in the oven with the heat turned off and the oven door open for ten or fifteen minutes so that they may dry out.

84. Q. Why should baking tins be only SLIGHTLY buttered for cream puffs or éclairs?

A. Because the air in the butter expands and makes the bottoms of the puffs rise.

85. Q. What effect has carbonate of ammonia on cream puff batter?

A. It makes the texture of the finished cream puff very much thinner and dryer.

86. Q. How should cookies be kept soft?

A. If cookies are preferred ***crisp,*** they should be kept in an air-tight tin box, but if they are wanted ***soft,*** keep them in a covered crock. An apple or orange kept with them in the crock will give them a good flavor.

87. Q. How should you make very thin cookies?

A. Form the dough into a roll the size wanted and put it into the ice box until thoroughly chilled, then dip a knife into boiling water and slice the cookies very thin, bake at once in a brisk oven. (375°).

88. Q. What is the advantage of chilling cookie dough before rolling it out?

A. Chilled dough can be rolled with far less flour than when it is not chilled, therefore the cookies will be richer.

89. Q. What causes doughnuts or crullers to absorb fat?

A. (a) When the dough is too rich in shortening, eggs or sugar.

(b) When the fat is not hot enough.

90. Q. How does one know that the fat is hot enough for doughnuts?

A. (a) The best method is to use a hot fat thermometer and put in the doughnuts, a few at a time, when the temperature has risen to 370 degrees. The thermometer should be allowed to reach the same temperature before beginning each batch, or

(b) When the fat is hot enough to brown a cube of bread it is hot enough to fry doughnuts.

91. Q. What is the best frying medium for doughnuts?

A. At the Cooking School we use Crisco, a vegetable shortening but half lard and half beef suet or lard alone give very good results.

92. Q. What advantages has Crisco in pastry making and as a frying medium?

A. (a) The air beat into it makes it an excellent shortening for flaky pastry.

(b) The fact that it can be raised to a very high temperature without burning or carbonizing makes it an excellent frying medium.

(c) Another advantage lies in the fact that it does not need refrigeration.

93. Q. What texture should the batter of macaroons have?

A. It should be just stiff enough to hold its shape in the pans.

94. Q. What textures should the batter of cream puffs have?

A. It should be such that it will fall from the spoon by its own weight, but should not spread on the baking pan.

95. Q. Why are meringues sometimes leathery?

A. Because they have not been sprinkled with sugar before being put into the oven, or because they have been cooked at too high a temperature.

96. Q. Why should neither sponge nor angel cake be removed from the pan while still hot?

A. Because they would fall back on themselves and have a much denser texture.

97. Q. Why is it that the batter of cakes is sometimes darker than at other times?

A. Because the shortening was not enough creamed before adding the sugar.

98. Q. What precaution should be taken in making cake when the recipe calls for more than twice as much sugar than shortening?

A. Half the sugar should be creamed with the butter, and the other half beaten with the eggs, then the two mixtures combined and beaten until light.

Cake Recipes

Apple Sauce Cake

½ cup shortening
1 cup sugar
1 egg
1½ cups apple sauce (sweetened)
2 teaspoonfuls vanilla
1 cup chopped nuts
1 cup chopped raisins
½ teaspoonful cinnamon
¼ teaspoonful cloves
2 cups flour

METHOD:

(a) Cream shortening until as light as whipped cream.

(b) Beat in sugar gradually.

(c) Add well-beaten egg.

(d) Beginning with sifted dry ingredients, alternate flour and apple sauce until both of all have been used.

(e) Stir in floured fruit and nuts.

(f) Half fill buttered and floured pan and bake in 350° oven for about an hour, or until straw put into deepest part comes out clean.

*Black Fruit Cake**

2 cups shortening (1 lb.)
2⅔ cups brown sugar (1 lb.)
12 eggs
1 cup molasses
4 cups flour
1 lb. almonds, blanched, grilled and split lengthwise
2 lbs. seeded raisins
2 lbs. Sultana raisins
1 candied orange peel thinly shaved
1 candied lemon peel thinly shaved
4 ounces melted chocolate
¼ teaspoonful soda
4 teaspoonfuls cinnamon
4 teaspoonfuls allspice
1½ teaspoonfuls mace
1 nutmeg grated
2 cups preserved strawberries or 1 cup chopped candied pineapple
1½ lbs. thinly shaved citron
1 lb. seedless raisins
1 cup brandy, cider or any fruit juice
1 lb. candied cherries, halved or left whole

METHOD:

(a) Wash the fruit carefully and dry on a paper in a warm oven. Cream the butter until as light as whipped cream and then beat in sugar. Add the well-beaten yolks and then put all the dry washed fruit into the sifter with the flour and other dry ingredients and sift ⅓ of the flour into the mixture. Add ⅓ the liquid made by mixing the melted chocolate with the fruit and molasses. Continue alternating flour and liquid until all of both are used.

(b) Stir in the strawberries (if the pineapple has not been used) and then the floured fruit. Half fill pans lined with heavy buttered paper and either steam for 4 hours, and then bake for 2 hours, or bake for 4 hour in a 275° oven. The steaming gives a moister cake and is to be preferred to baking alone when possible.

This cake gets better with age when kept in an air-tight tin or covered with brown sugar.

*This recipe when steamed or boiled makes a plum-pudding.

Chocolate Cake

4 tablespoonfuls shortening
4 tablespoonfuls boiling water
1 cup plus 4 tablespoonfuls pastry flour
½ teaspoonful baking powder
½ teaspoonful cinnamon
½ teaspoonful vanilla
1 egg
1 cup brown sugar
4 tablespoonfuls thick sour milk
½ teaspoonful soda
1½ or 2 squares or ounces Baker's unsweetened chocolate
⅛ teaspoonful salt

METHOD:

(a) Cream the shortening and when as light as whipped cream beat in ½ cup of sugar.

(b) Beat the egg and sugar over hot water until the mixture is lukewarm, then remove from hot water and continue beating with Dover beater until as light as whipped cream.

(c) Combine shortening and sugar with egg and sugar mixture and beat until light and smooth.

(d) Cook the chocolate in the hot water in a double boiler and when thick add the sour milk. Let cool before using.

(e) Add ⅓ the flour sifted with the dry ingredients, then ⅓ the liquid and continue alternating the flour and liquid until all are used.

(f) Add the vanilla, half fill buttered and floured pans.

(g) Bake in 350° oven until the cake leaves the sides of the pan or a straw plunged into it will come out clean. Let cool for at least 10 minutes in the pan.

When this cake is covered with a thick white icing and then melted bitter chocolate, it becomes a ***Fudge Cake.***

Date Cake

½ cup shortening
½ cup lukewarm water
1 teaspoonful soda
2 cups stoned dates
1 cup brown sugar
1½ cups pastry flour
½ teaspoonful salt
2 eggs
½ cup coarsely chopped nuts
1 teaspoonful vanilla

METHOD:

(a) Cream the shortening until as light as whipped cream; add the brown sugar beating all the time, then add the unbeaten eggs, one at a time, and continue beating until the mixture is very light.

(b) Set the mixture aside and butter and flour the pans.

(c) Mix the halved dates with the flour and the dry ingredients and put them into the sifter with the nuts.

(d) Sift ⅓ of the flour into the mixture and then add about ⅓ of the water, alternating flour and water until both are used.

(e) Stir in the floured dates with the flavoring and half fill buttered and floured pans.

(f) Bake in a 350° oven until the cake leaves the sides of the pan or a straw plunged into the deepest part comes out clean.

(g) Let cool for at least 10 minutes in the pan.

This cake takes a much longer time to cook than other cakes of its size on account of the dates.

Election Cake (made with yeast)

1 tablespoonful shortening
1 tablespoonful sugar
2 teaspoonfuls salt
1 yeast cake
4 eggs
1 teaspoonful nutmeg
1½ teaspoonfuls soda
2 cups raisins
1 cup lukewarm water
2½ cups flour
2 cups sugar, brown or white
1 cup shortening
1 tablespoonful lemon juice
1 tablespoonful grated lemon rind
½ grated cloves
1½ cups flour

METHOD:

(a) Dissolve yeast in lukewarm water with 1 tablespoonful of sugar and 1 tablespoonful of shortening.

(b) Mix salt with 2½ cups of flour and beat into liquid, let stand over night or about 6 hours when it should have doubled in bulk.

(c) Knead the dough for a few minutes, then add the cup of shortening creamed with the 2 cups of sugar, the beaten egg, the raisins, lemon juice and rind, and knead well, or beat as the cake may require. Add the soda to the rest of the flour and knead until elastic. Pour into bread pans and let rise until it had doubled in bulk, at a temperature varying from 70 to 90 degrees. When well risen bake in 350° oven for an hour.

This cake keeps well.

Ginger Bread

2 tablespoonfuls butter
2 tablespoonfuls molasses
1 cup sour milk
2 teaspoonfuls ginger
2 cups pastry flour
1 cup brown sugar
1 teaspoonful salt
1 teaspoonful cinnamon
½ teaspoonful cloves
1 teaspoonful soda

METHOD:

(a) Mix the molasses, sugar and melted butter and beat well.

(b) Alternate the sour milk and flour sifted with the dry ingredients.

(c) Half fill buttered and floured pans and bake in 350° oven.

(d) Let cool in pan.

This makes an excellent pudding when cut into squares and served with whipped cream or some rich sauce.

Italian Feather Cake

1 whole egg
1 egg yolk
½ cup sugar
3 tablespoonfuls melted butter
1 cup flour
1 teaspoonful baking powder
4 tablespoonfuls milk

METHOD:

(a) Beat the eggs and sugar with a Dover beater over hot water until the mixture is lukewarm. Remove from hot water and beat until like whipped cream.

(b) When cool beat in the flour sifted with the dry ingredients. then add the milk and the melted but cooled butter.

(c) Flavor with the grated rind of an orange, lemon or 1 teaspoonful of vanilla.

(d) Half fill buttered and floured pans and bake in 350° oven until the cake leaves the sides of the pan or until a straw put into the deepest part comes out clean.

(e) Both this and pound cake are of very close texture and are excellent for "Petits fours" or little cakes to be iced in fondant.

Lightning Cake

¼ to ½ cup shortening
½ cup sugar
1 cup flour
2 teaspoonfuls baking powder
4 egg yolks
⅛ teaspoonful salt
1 teaspoonful vanilla
4 tablespoonfuls milk

MERINGUE:

4 egg whites
½ cup coarsely chopped nuts
¾ cup sugar

METHOD:

(a) Cream shortening until as light as whipped cream and then gradually beat in sugar.

(b) Add the yolks beaten until thick and lemon colored and put mixture aside while you butter and flour a shallow baking pan (about 9 x 9 inches).

(c) Alternate flour sifted with dry ingredients and milk into batter, then stir in flavoring.

(d) Half fill prepared pan and cover with meringue (below).

(e) Bake in 350° oven for 40 minutes.

(***Meringue***)

Beat egg whites until spoon stands up in them alone, and then beat in ¼ teaspoonful cream of tartar and the sugar 2 tablespoonfuls at a time. Pile on cake and sprinkle with the chopped nuts.

This cake is better when cut into squares before taken from the pan.

Orange Cake (yolks of eggs only)

½ cup shortening
½ cup milk
2 teaspoonfuls baking powder
Grated rind of a large orange
1 cup sugar
1¾ cups pastry flour
8 yolks or ¾ cupful
½ teaspoonfuls nutmeg (not necessary)
½ teaspoonful salt

METHOD:

(a) Cream shortening until as light as whipped cream, and then beat in the sugar gradually.

(b) Beat the yolks until thick and lemon colored and add the creamed butter and sugar, beat the mixture until very light with grated orange rind.

(c) Add about ⅓ the flour sifted with the dry ingredients and then ⅓ the milk, alternating the flour and milk until all of both have been used.

(d) Half fill buttered and floured pans and bake in 350° oven until the cake leaves the sides of the pan or a straw plunged into the centre comes out clean.

(e) Let cool at least 10 minutes before removing from pan.

This cake is excellent when covered with chocolate icing.

Plain Layer or Loaf Cake (1)

4 tablespoonfuls shortening
1 cup sugar
1½ cups any good pastry flour
½ teaspoonful vanilla
⅛ teaspoonful salt
2 eggs
½ cup milk
2½ teasponfuls baking powder
½ teaspoonful lemon extract

METHOD:

(a) Cream the shortening until as light as whipped cream.

(b) Add the sugar, beating all the time.

(c) Add the whole eggs, one at a time, and beat well in between.

(d) Let the creamed mixture stand while you prepare your pans by buttering and flouring them.

(e) Add to the batter ⅓ the flour sifted with the dry ingredients then ⅓ the milk, and continue alternating the flour and liquid until all of both is used.

(f) Stir in the flavoring and half fill the prepared pans.

(g) Bake in a 350° oven until the cake leaves the sides of the pan, or until a straw plunged into the centre comes out clean.

(h) Let cake cool at least 10 minutes, right side up, before removing from pan.

Plain Layer or Loaf Cake (2)

1 whole egg
½ cup sugar
1 teaspoonful baking powder
3 tablespoonfuls melted butter
1 yolk
1 cup flour
4 tablespoonfuls milk
1 tablespoonful flavoring

METHOD:

(a) Beat eggs and sugar with a Dover beater until like whipped cream. They may be set in a larger bowl of boiling water provided the mixture is not allowed to get hotter than lukewarm.

(b) Fold in flour sifted with dry ingredients, alternately with milk, about ⅓ of each at a time.

(c) Stir in the melted but cooled butter, and add flavoring.

(d) Half fill buttered and floured pans and bake in 350° oven until cake leaves the sides of the pan, or until a straw plunged into the thickest part comes out clean.

(e) Let cool for 10 minutes before removing from pan.

Pound Cake

1 lb. or 2 cups sugar
1 lb. or 4 cups pastry flour
1 lb. or 9 small or 8 large eggs
1 lb. or 2 cups butter

METHOD:

(a) Work the butter into the flour with the fingers until the mixture is mealy.

(b) Beat the egg with the sugar in a bowl over boiling water with a Dover beater until lukewarm, then remove from fire and beat until as light as whipped cream.

(c) Combine butter and flour mixture with eggs and sugar beaten together and beat until batter is perfectly smooth.

(d) Flavour with the grated rind of an orange or lemon or add 1 teaspoonful of nutmeg.

(e) Line pan with brown buttered paper and bake in 325° oven for an hour or more according to the thickness of the cake.

No other cake has such good keeping qualities as this cake.

One cup of floured dried fruit may be stirred in at the end if so desired.

White Cake (whites of eggs only)

4 tablespoonfuls Crisco or other shortening
½ cup cold water
2 egg whites
½ teaspoonful almond essence
½ teaspoonful vanilla
¾ cup sugar
½ teaspoonful salt
1½ teaspoonful baking powder
1½ cups pastry flour
3 drops rose essence

METHOD:

(a) Cream the shortening (we prefer Crisco for this particular cake) until as light as whipped cream.

(b) Add sugar gradually beating all the time.
Let the mixture stand while you butter and flour the pans.

(c) Add about ⅓ the flour, sifted with the dry ingredients, and then about ⅓ of the cold water, alternating the flour and liquid until both are all used.

(d) Add the flavoring and then the stiffly beaten whites of eggs. Beat until all the fluffiness of the egg has disappeared but no longer than half fill the buttered and floured pans.

(e) Bake in a 350° oven until the cake leaves the sides of the pan or until a straw plunged into the deepest part of the cake comes out clean.

(f) Let cake cool for at least 10 minutes before taking it out of the pan, but do not invert the pan until ready to take out the cake.

This cake has excelllent keeping qualities and is better the day after it is made than perfectly fresh.

By adding 4 tablespoonfuls each of chopped cherries, raisins and nuts, or any other combination of fruit and nuts, it can be made into a white fruit cake.

White fruit Cake

2 cups butter (1 lb.)
2 cups sugar
4 cups pastry flour
8 eggs
1 grated cocoanut, or 2 cups of shredded cocoanut soaked in milk to cover for an hour.
1 lb. candied pineapple, shredded
1 lb. candied cherries, halved
1 lb. blanched, grilled almonds, halved on the length
½ lb. of thinly shaved citron
Rose water
1 cup brandy or fruit juice

METHOD: *

(a) Mix 3 tablespoonfuls of brandy with the nuts, and 2 tablespoonfuls of rose water with the fruit and let stand overnight.

(b) Wash the butter in rose water, cream it until as light as whipped cream, and then add the sugar gradually, beating all the time.

(c) Add the well-beaten yolks and continue beating until very light; stir in the cocoanut.

(d) Put the well dried fruit and nuts in the flour and sift ⅓ of the flour into the batter. Add about ⅓ of the liquid and continue alternating flour and liquid until all is used.

(e) Add the stiffly beaten egg whites and beat until they have lost all their fluffiness.

(f) Half fill pans lined with heavy waxed or buttered paper and bake at 275° until the cake leaves the sides of the pan. It will take from 3 to 5 hours according to the thickness of the cake.

This amount will make four two-pound cakes, or two-four-pound ones. If covered with Almond Icing and sealed up with wax paper it will keep for a long time. This cake may be made by the Pound Cake recipe.

Small Cakes

Almond Macaroons

1 lb. almond paste
1 cup powdered or fruit sugar
1 cup granulated sugar
5 egg whites

METHOD:

(a) Put the almond paste through the food chopper with the sugar and half the unbeaten egg whites, then add the rest of the egg whites, stiffly beaten.

(b) Form into tiny mounds on a baking tin generously covered with flour, smooth over with a knife dipped in water, and bake in a 350° oven until of the right color. Do not overcook or they will be too brittle.

Note: Macaroons harden quickly, but they may be softened up by putting them in a crock with an apple or an orange for a day or two.

Brandy Snaps

½ cup molasses
½ cup butter
1 teaspoonful ginger
⅛ teaspoonful salt
1 cup flour
⅔ cup sugar

METHOD:

(a) Heat molasses to boiling point, remove from fire, then add butter.

(b) Add dry ingredients, stirring constantly.

(c) Drop batter by half teaspoonfuls on buttered baking sheet at intervals of 2 inches.

*Any fruit juice may be substituted for the brandy.

(d) Bake in 330° oven until well colored. Cool slightly and roll over the handle of a wooden spoon. If they stiffen before being rolled, put them back into the oven to soften. They may be rolled into cornucopias and filled with whipped cream.

Chocolate Brownies

½ cup melted shortening
2 beaten eggs
2 teaspoonfuls vanilla
1 cup flour (about)
2 cups sugar
2 to 4 ounces melted chocolate

METHOD:

(a) Beat eggs with sugar a in larger bowl of hot water until like whipped cream, being careful that mixture does not get hotter than lukewarm.

(b) Add melted chocolate, then stir in flour and last of all add melted cooled shortening.

(c) Spread in shallow buttered pans and bake in 350° oven. The batter should be sprinkled with chopped nuts just before putting into the oven.

Brownies are cut into squares while still warm.

Chocolate Eclairs

Use the same recipes as for cream puffs but omit the ammonia. Eclairs are always truned upside down to be iced. Either cream puffs or eclairs may be cooked in an oven with an initial heat of 450° if more convenient.

Chocolate Macaroons

1 lb. almond paste
2 ounces squares of bitter melted chocolate
1 pinch cinnamon
5 egg whites
1¼ cups granulated sugar
1¼ cups powdered or fruit sugar

METHOD:

Put almond paste and sugar through the food chopper together, then add the melted chocolate, the cinnamon and half the unbeaten egg whites. Add the rest of the egg whites stiffly beaten and fold in. Bake in 350° oven on unbuttered brown paper. When cold, wet paper and remove macaroons.

Corn Flake Macaroons

2 egg whites
2 cups corn flakes
1 teaspoonfuls flavoring
1 cup sugar
1 cup grated cocoanut, fresh or shredded.

METHOD:

(a) Beat egg whites until stiff and then stir in cocoanut and corn flakes with sugar.

(b) Drop on floured baking sheet and cook in 350° oven.

Cream Puffs or Eclairs

4 tablespoonfuls butter or 3 tablespoonfuls vegetable shortening
½ cup bread flour
½ cup water
2 large or 3 small eggs
½ teaspoonful carbonate of ammonia (bakers' ammonia)

METHOD:

(a) Put shortening and water into sauce pan on stove. When mixture boils violently, add the flour with the crushed ammonia ***all at once*** and stir until the mixture leaves the sides of the pan and cleaves to the spoon.

(b) Remove from fire and after 2 minutes add the unbeaten eggs one at a time, beating vigorously between each until the batter is smooth.

(c) Drop on very slightly buttered baking pan and put into a cold oven and let the temperature rise to 400°. Once the puffs have well risen the temperature may be allowed to go down to 350°. The cakes take at least 30 minutes to dry out. If there is any fear of their burning, put out the heat but let the puffs dry thoroughly before removing from the oven.

Crumb Macaroons

2 egg whites
⅔ cup dry cake crumbs
1 cup powdered sugar
1 teaspoonful almond flavoring

METHOD:

(a) Beat egg whites until stiff, then beat in sugar.

(b) Add crumbs with flavoring and drop by spoonfuls on a floured pans.

(c) Bake in 350° oven until well colored.

Meringues

4 egg whites
1 cup granulated sugar
¼ teaspoonful cream of tartar

METHOD:

(a) Beat egg whites in a bowl with a Dover or wheel beater until stiff enough to hold up a tablespoon, then add the sugar, two tablespoonfuls at a time, beating well in between, and the cream of tartar may be added when the egg whites get foamy. Sprinkle with granulated sugar.

(b) Form the meringues either on very heavy wax paper or else on a baking sheet rubbed with paraffin wax. Bake in a 250° to 275° oven until firm to the touch.

Small meringues are called kisses. Cocoanut or nut kisses may be made by adding a cupful of shredded cocoanut or a cupful of chopped nuts to the recipe for meringues.

Molasses Cookies

½ cup shortening
1 egg yolk
4 tablespoonfuls boiling water
½ teaspoonful soda (scant)
½ teaspoonful salt
½ teaspoonful ginger
½ cup brown sugar
½ cup molasses
3 cups pastry flour (about)

METHOD:

(a) Add boiling water to molasses and stir in soda until the mixture is foamy.

(b) Add the beaten egg then the flour sifted with the salt and ginger.

(c) Roll out to ¼ inch thick and bake in a 375° oven.

This quantity makes about 2½ dozen cookies. By adding slightly less flour, this recipe may be used for drop cookies.

Nut Cookies

2 tablespoonfuls shortening
4 tablespoonfuls sugar
1 beaten egg
1 teaspoonful baking powder
⅓ teaspoonful salt
½ cup flour
2 tablespoonfuls milk
½ cup chopped nuts

METHOD:

(a) Cream shortening until light and beat in sugar.

(b) Add beaten eggs, and stir in flour sifted with dry ingredients, then add milk.

(c) Stir in coarsely chopped nuts with flavoring and drop from tip of teaspoon on buttered baking pan.

(d) Cook in 350° oven until straw colored.

Nut Macaroons

1 cup brown or white sugar
1 or 2 egg whites
1 cup coarsely chopped nuts
¼ teaspoonful salt

METHOD:

(a) Beat egg white until stiff, then beat in sugar and chopped nuts.

(b) Drop by spoonfuls on floured baking sheet and cook in 350° oven until well colored.

Oatmeal Cookies

2 beaten eggs
¾ cup milk
1 cup rolled oats
1 tablespoonful baking powder
1 teaspoonful salt
½ cup sugar
3 cups flour

METHOD:

(a) Beat eggs and sugar in a larger bowl of hot water until like whipped cream, being careful not to let the mixture get hotter than lukewarm.

(b) Alternate the flour mixed with the dry ingredients and the milk until both of all have been used.

(c) Roll out, after having chilled, and bake in 350° oven.

Note: Some cooks prefer to use powdered sugar for these cookies. By adding a little less flour, they may be dropped from the tip of a spoon and thus made into drop cookies.

Pepper Nuts

2 beaten eggs
½ teaspoonful black pepper
1 teaspoonful cloves
2 cups brown sugar
½ teaspoonful soda
2 cups seeded raisins
2 cups flour
1 cup chopped nuts
¼ teaspoonful salt
2 teaspoonfuls cinnamon
½ teaspoonful baking powder
⅛ lb. thinly sliced citron

METHOD:

(a) Beat eggs and sugar together surrounded by hot water, until as light as whipped cream, taking care that the mixture does not get hotter than lukewarm.

(b) Add flour sifted with dry ingredients, and then stir in nuts and fruit and knead well.

(c) Drop by spoonfuls on buttered sheet and bake about 7 minutes in 350° oven.

Prince's Wafers

Crisp cheese wafers
Tart jelly
Meringue
Fluffy icing

METHOD:

(a) Spread wafers with any icing.

(b) Pile with jelly and cover with meringue.

(c) Sprinkle with granulated sugar and brown in oven.

Rich Jumbles

1 whole egg
1 cup shortening
2¼ cups flour
3 tablespoonfuls whipped cream
1 cup sugar
½ nutmeg

METHOD:

(a) Beat egg and cream together.

(b) Cream shortening and sugar. When very light combine with egg and cream.

(c) Stir in flour sifted with salt and nutmeg.

(d) Chill dough and roll out only a few at a time. Bake about 8 minutes in a 350° oven.

Note: They are generally baked in the form of a hollow ring like a doughnut.

Rolled Vanilla Cookies or Sand Cakes

1 cup shortening less 2 tablespoonfuls
2 cups sugar
2 beaten eggs
1 cup sour milk
5 cups flour (about)
1 teaspoonful soda
1 teaspoonful salt
1 teaspoonful flavoring

METHOD:

(a) Cream shortening until as light as whipped cream.

(b) Beat in sugar gradually and add the well-beaten eggs.



1—CHOCOLATE CAKE (Page 225)
2—SUNSHINE CAKE DECORATED WITH BUTTER ICING (pages 238 and 243)
3—ANGEL CAKE (page 236)
4—ORANGE CAKE (page 227)
5—DATE CAKE (page 225)

(c) Alternate flour sifted with dry ingredients and milk until all of both has been used. If necessary add a little more flour in rolling out, but by chilling the dough before rolling a minimum of flour may be used, which makes a tenderer, richer cookie.

Grated lemon or orange rind, 2 teaspoonfuls to a cup of flour, gives a delicious flavor to these cookies.

Vanilla Wafers ("Langues de chat")

3 tablespoonfuls butter
4 tablespoonfuls flour
2 egg yolks
2 tablespoonfuls sugar
2 tablespoonfuls milk
6 drops vanilla

METHOD:

(a) Cream the butter until very light, add the sugar gradually beating all the time, then beat in ***very slowly*** the yolks of the eggs.

(b) Alternate the flour and the milk, beating well.

(c) Drop by half teaspoonful on a buttered baking sheet, at least two inches apart as they spread a great deal in cooking.

(d) Cook in 350° oven until straw colored.

(e) Remove from oven, lift from sheet and roll on the handle of a wooden spoon. If they stiffen too quickly they may be returned to the oven to soften. They may also be served as tiny wafers with brown edging.

Sponge Cakes

Angel Cake

1 cup egg whites, plus 1 egg white
1 cup Swansdown flour
1½ cups granulated sugar
1 teaspoonful cream of tartar
1 pinch salt
1 teaspoonful almond extract
1 teaspoonful vanilla

METHOD:

(a) Add salt to egg whites and beat until foamy with a wire egg whip, on a large platter. Add cream of tartar and continue beating until the whites are stiff enough to hold a tablespoon erect.

(b) Fold in the sugar very ***lightly*** two tablespoonfuls at a time.

(c) ***Fold*** in the flour, sifting it over the egg whites about two tablespoonfuls at a time.

(d) Stir in the flavoring very lightly.

(e) Half fill large unbuttered tube pan.

(f) Put into perfectly cold oven if either gas or electricity is used and let heat gradually rise to 300°, then prevent temperature from rising any higher and let cake cook for 50 minutes.

(g) At the end of given time, remove cake from oven, and invert over a funnel, let stand for half an hour then carefully loosen edges with a spatula and shake out cake.

Note: Both Sunshine and Angel Cakes, if cooked in a coal or wood stove, should be put into the oven at a temperature of 300° and should be allowed to cook about 15 minutes longer than the time required in a gas or electric oven.

Cold Water Sponge Cake

3 eggs
1½ cups sugar
2 cups pastry flour
½ teaspoonful salt
Grated rind of one lemon
8 tablespoonfuls cold water
2 teaspoonfuls baking powder

METHOD:

(a) Beat the yolks with a strong Dover beater until thick and lemon colored.

(b) Add 4 tablespoonfuls of cold water and continue beating.

(c) Add the sugar, the lemon and and one cup of flour and beat vigorously.

(d) Add 4 more tablespoonfuls of cold water and another cup of flour with the salt and baking powder. Beat for 3 to 4 minutes.

(e) Fold in the stiffly-beaten egg whites and half fill an unbuttered tube pan.

(f) Bake for about 45 minutes in a 350° oven. The cake will spring back to the touch when cooked.

Hot Water Sponge Cake (excellent for Jelly Roll)

2 eggs
4 tablespoonfuls hot water
1 cup less 2 tablespoonfuls pastry flour
¾ cup sugar
½ teapsoonful lemon extract
¼ teaspoonful salt
1½ teaspoonfuls baking powder

METHOD:

(a) To the well-beaten yolks add ½ the sugar and beat well, then add the boiling water and the rest of the sugar and beat hard.

(b) Add flour sifted with dry ingredients, then fold in the stiffly beaten whites and, for a Jelly Roll, pour into a shallow pan lined with buttered paper.

(c) Bake in 350° oven until straw colored, about 12 minutes, and then turn out either on a damp cloth or on a paper strewn with sifted powdered sugar. Cut off the edges, spread with whipped jelly and roll up as quickly as possible.

Cautions: Be sure not to spread the batter to thick as there would then be trouble in rolling up the cake. Do not let over cook, the moment it is firm to the touch remove the cake from the oven and turn it out.

Potato Flour Sponge Cake

4 eggs
¾ cup sugar
¾ cup potato flour
2 teaspoonfuls lemon juice
½ teaspoonful vanilla
1 teaspoonful baking powder

METHOD:

(a) Beat whole eggs with sugar in a larger bowl of boiling water until the mixture is lukewarm then remove from fire and continue to beat until like whipped cream.

(b) When cool, fold in the potato flour sifted with the baking powder, stir in lightly the lemon juice and half fill a tube pan or a shallow baking pan.

(c) Bake in 350° oven until it springs back when touched.

This cake may be flavored with either a ½ teaspoonful of vanilla or 2 teaspoonfuls of grated lemon or orange rind.

Sunshine Cake

½ cup egg yolks
¾ cup egg whites
1 cup Swansdown flour
¾ teaspoonful cream of tartar
1 teaspoonful almond extract
1¼ cups sugar
5 tablespoonfuls hot water
⅛ teaspoonful salt
1 teaspoonful vanilla

METHOD:

(a) Beat egg whites on a platter with a wire whip until they are stiff enough to hold a tablespoon erect.

(b) Cook the sugar and water together to 240° and pour very slowly in a fine stream on the egg whites, beating all the time.

(c) Let mixture cool thoroughly, and then fold in the well-beaten egg yolks.

(d) Fold in the flour sifted with the cream of tartar as lightly as possible.

(e) Half fill large tube pan.

(f) Put into perfectly cold oven. If gas or electricity is used, when temperature has risen to 300° do not let it go any higher and count 50 minutes.

(g) At end of given time, remove cake from oven inverted over a funnel and let cool for half an hour.

(h) Run spatula around edges and shake out cake.

This cake has excellent keeping qualities if stored in an air-tight tin box.

Cake Fillings

Butterscotch Filling or Caramel

3 tablespoonfuls cornstarch
1 cup brown sugar
2 egg yolks
2 tablespoonfuls butter
1½ cups milk
¼ teaspoonful salt

METHOD:

(a) Mix cornstarch with a little of the cold milk, and then stir into the rest of the milk and cook in a double boiler until thick.

(b) Add the egg yolks beaten with the sugar and last of all the butter; a teaspoonful of vanilla may also be added.

Chocolate Filling

1 cup icing sugar
2 ounces chocolate
3 tablespoonfuls milk
1 egg yolk or 1 tablespoonful butter
½ teaspoonful vanilla

METHOD:

(a) Put chocolate, sugar and milk in double boiler and when thoroughly melted add beaten egg yolk or butter and remove from fire.

(b) Beat until cold and add the vanilla.

French Mocha Filling

4 egg yolks
½ cup butter
1 tablespoonful flour
½ cup sugar
4 tablespoonfuls strong coffee

METHOD:

(a) Cream butter and beat in flour.

(b) Add ⅓ of creamed butter to well-beaten egg yolks, and cook in bowl surrounded with boiling water until thick. It must be stirred all the time.

(c) Add another third of butter and cook until it thickens again.

(d) Add remainder of butter with coffee and sugar, and let thicken the last time. A pinch of salt will give a better flavour.*

Fresh Berry Filling

2 egg whites
½ cup sugar
1 cup crushed fresh berries

METHOD:

(a) Beat egg whites until a tablespoon will stand erect in them and then gradually beat in the sugar two tablespoonfuls at a time.

(b) Add crushed berries with more sugar if necessary.

Lady Baltimore Filling

1cup boiled or fluffy icing
¼ cup raisins
¼ cup chopped nuts
¼ cup dates or cherries

METHOD:

Add fruit to fluffy icing and flavor with two or three drops of rose extract. Use with white cake.

*Chill before using.

Lemon Filling

4 tablespoonfuls lemon juice
1 cup cold water
3 tablespoonfuls of flour and cornstarch in equal parts
2 teaspoonfuls butter
4 teaspoonfuls salt
2 egg yolks (not necessary)

METHOD:

(a) Mix the flour and cornstarch with the cold water and cook until thick.

(b) Add the yolks beaten with the sugar, lemon juice and rind, then stir in the butter. Let cool before using.

Orange Filling

2 tablespoonfuls butter
3 egg yolks
1 cup sugar
2 tablespoonfuls lemon juice
1 egg white
1 cup orange juice less 2 tablespoonfuls
1 tablespoonful grated orange rind

METHOD:

(a) Cream butter with sugar and beat in the yolks.

(b) Add orange juice with rind and cook until thick.

(c) Add stiffly beaten egg and lemon juice.

Pineapple Filling

4 tablespoonfuls butter
1 teaspoonful lemon juice is a good addition
1 cup pineapple (grated)
Enough confectioners' sugar to make thick enough to spread

METHOD:

(a) Add 1 cup of confectioners' sugar to creamed butter, then stir in pineapple and continue adding sugar until thick enough to spread.

(b) Spread on cold cake, adding the lemon juice just before using.

Plain Custard Cream

1 cup white sauce No. 3
2 egg yolks
4 tablespoonfuls sugar
½ teaspoonful vanilla
1 tablespoonful butter
¼ teaspoonful salt

METHOD:

Add yolks beaten with sugar to white sauce and then stir in the vanilla, butter and salt.

Note: Plain custard cream becomes chocolate cream by the addition of one-half cup of cocoa or an ounce of melted chocolate. By using strong coffee instead of milk, plain custard cream becomes mocha cream.

Icing Recipes

Butter Icing

Confectioners' sugar
2 to 4 tablespoonfuls creamed butter
Coffee, or any other flavor to taste
Cream may be added to thin it or more sugar to thicken it.

Chocolate Icing

The same as chocolate filling, see recipe.

Fluffy Icing or Boiled (1)

¾ cup white sugar
1 egg white
3 tablespoonfuls cold water
2 teaspoonfuls light corn syrup

METHOD:

(a) Put all ***cold*** into the upper part of a double boiler and beat together with a Dover beater for a minute or two.

(b) Put the saucepan containing the ingredients over steam and beat with a Dover beater until the icing falls in lumps.

It generally takes about 7 minutes.

(c) Let cool and pile on cake.

Note: It is well to make this icing several hours before it is needed as it stiffens on cooling.

Fluffy Icing or Boiled (2)

1½ cup sugar
1 tablespoonful light corn syrup
½ cup water
2 egg whites
½ teaspoonful vanilla

METHOD:

(a) Cook the sugar, syrup and water to 242° and remove from fire immediately. Pour in narrow stream on stiffly beaten egg white.

(b) Flavor to taste and spread on cake while tills warm if possible.

This icing may be kept covered in a jar for several days.

Royal Icing

1 egg white
6 drops of "Tala" or acetic acid, or a pinch of cream of tartar
Confectioners' sugar
Flavoring

METHOD:

Beat egg with fork or Dover beater until stiff enough to hold a tablespoonful erect, and then beat in two tablespoonfuls of sifted confectioner's sugar. Continue adding the same amount of sugar and beating in between until the icing keeps the mark of a knife. Add acid or cream of tartar.

Icings

1. Q. What are the chief varieties of icings?

A. (a) Boiled icing.
(b) Royal icing with its modifications.
(c) Butter icing.
(d) Fruit icing.
(e) Gelatine icing.

2. Q. What are the chief kinds of cooked icing?

A. (a) ***Boiled*** icings made by pouring syrup at a certain density on beaten whites of eggs.

(b) ***Fudge*** icing made by cooking butter, sugar and a liquid to 238 degrees. (See candy recipes).

(c) ***Fondant*** icings made by melting fondant in a double boiler.

3. Q. What are the secrets of a good fudge icing?

A. (a) The recipe, first of all must be carefully proportioned.

(b) All grains of sugar should be carefully washed from the sides of the saucepan.

(c) The moment the thermometer has reached the required degree the saucepan should be taken off the fire.

(d) The saucepan should be set in a larger pan of cold water, and beaten until thick enough to spread.

(e) The flavoring should be added at the end.

4. Q. What are the chief varieties of fudge icing?

A. Chocolate, maple, orange, lemon and coffee. (See recipes.)

5. Q. What is royal icing?

A. Royal icing is made of stiffly beaten egg whites with icing sugar, cream of tartar and a flavoring extract, such as vanilla, lemon or almond.

6. Q. What are the secrets of a good royal icing?

A. (a) A pinch of salt should be added to the egg whites, which should be then beaten very stiff with a Dover beater.

(b) The sifted confectioners' sugar should be added ***very*** gradually, never more than half a cupful at a time as the icing must be thickened rather by beating than by sugar.

(c) Sugar should be added and well beaten in until the icing will keep the mark of a knife.

(d) A pinch of cream of tartar for every egg used and a drop or two of blueing gives a whiter icing.

7. **Q. *Why is it very important to sift the sugar before using it for icing?***

A. Because the tiniest lump will sometimes block the icing tube.

8. **Q. *What would happen if the sugar were added too rapidly to the icing without beating it sufficiently?***

A. The icing would stiffen but would not run through the tube, in other words, it would be valueless for decorating.

9. **Q. *What effect has too large a quantity of acid, either cream of tartar or lemon juice, on a royal icing?***

A. It would thin it too much and no amount of beating or sugar would then thicken it. It is always best to add the acid only when as thick as wanted, and then very gradually.

10. **Q. *If all the icing is not needed at once, how may it be kept soft?***

A. It may be kept soft for a long time in a bowl covered with a damp cloth. The cloth should never be allowed to dry.

11. **Q. *Give a good formula for butter icing.***

A. One may start with 4 tablespoonfuls of melted, or creamed butter, and gradually beat in enough confectioners' sugar to get the required texture. Some people like it very buttery and therefore add only a small amount of sugar, but that is purely a matter of taste.

12. **Q. *Is the yolk of an egg necessary in making butter icings?***

A. No, but it makes the icing smoother and easier to work with.

13. **Q. *If too much sugar has been added to mocha icing what should be done?***

A. Either cream or more butter may be added until one gets the desired results. If mocha icing gets too hard it may be softened with the addition of a little hot water, if it gets too soft, it may be hardened by putting in the ice box.

14. **Q. *What are the rules for making fondant?***

A. (a) Put the water and the sugar in a saucepan, stir well and then cook over a hot fire until it begins to boil.

(b) Take off the grains of sugar around the edge of the pan with a cloth dipped into cold water.

(c) Add the cream of tartar, corn syrup or other acid called for in the recipe and let the ingredients cook with the cover on for five minutes.

(d) Remove the cover of the saucepan, put in the sugar thermometer, and cook to the required degree.

(e) Take off the fire ***immediately*** and pour on a large unbuttered slab or plater.

(f) When the fondant is cool enough to bear the imprint of the fingers, about fifteen minutes, work with a spatula or spoon until it sets.

(g) Wrap the fondant in a wet cloth and let it ripen for two hours. It is then ready for dipping or icing.

15. Q. How may fondant be used for icing?

A. It should be melted in a double boiler until warm to the touch and then thinned with a few drops of cold water.

16. Q. Why is it necessary to take off the grain of sugar from the sides of a pan in which fondant or fudge is cooked?

A. Because one grain of unmelted sugar will be sufficient to make a whole batch crystallize.

17. Q. Why is the fondant boiled for five minutes with the cover on?

A. So that the steam may dissolve any grains of sugar that may have remained, despite the wipping off with the damp cloth.

18. Q. Why does fondant sometimes crystallize before it is finished?

A. (a) Because it was stirred after it had begun to boil.

(b) Because the grains of sugar were not removed from the saucepan.

(c) Because it was worked with a spatula before it had become thoroughly cooled.

19. Q. What should be done with fondant that has turned to sugar?

A. The same amount of water may be added as at the beginning and the whole process begun over again.

20. Q. Why does chocolate icing sometimes lose its gloss so much more quickly than at other times?

A. The more it is stirred the quicker it loses its lustre.

21. Q. How could you make an apricot puree icing?

A. (a) Soak ¼ lb. of dried apricots in a cup of warm water over night.

(b) The next morning add ½ cup of sugar and stew until very soft.

(c) Put through strainer and use to cover cold cakes. It may be made very decorative by garnishing with butter icing put through a tube.

22. Q. Give two methods of making boiled icing.

A. (a) Boil two cups of sugar and a cup of water to 240 degrees, pour slowly on the beaten whites of two eggs beaten with a wire whip until thick enough to use.

(b) Put into the upper part of a double boiler one egg white, one cup of sugar, 3 tablespoonfuls of water and 2 teaspoonfuls of light corn syrup. Beat for seven minutes with Dover beater, or until the icing will hold its shape. The water in the lower part of the double boiler should not touch the upper part.

23. Q. Can a boiled icing be made without a thermometer?

A. Not if the syrup is poured on the egg whites.

24. Q. How are gelatine icings made?

A. The gelatine called for in the recipe must be dissolved in at least twice its volume of cold water before being added to the hot liquid.

25. Q. How would you make almond icing to cover a fruit cake?

A. To equal parts of almond paste and icing sugar, put through the food chopper together, add ***well-beaten yolks*** if a ***yellow*** icing is required, or ***stiffly beaten whites*** if a ***white icing*** is wanted, enough egg of either kind should be used to give the texture required.

26. Q. Is it necessary to cover fruit cakes with almond icing before decorating them with Royal or any other white icing?

A. Yes, because a few days after the fruit cake is baked the juice from the fruit begins to ooze through the white icing and discolors it, whereas the almond icing does not let the fruit juice through.

27. Q. How may a good orange or lemon icing be made?

A. Grated orange rind or lemon rind may be added to either a butter icing or a Royal or boiled icing.

28. Q. How could you make a pineapple or strawberry icing?

A. By adding crushed pineapple or strawberries to a butter icing, adding more sugar if necessary.

29. Q. What quantity of gelatine should be added to 1 rule of boiled icing?

A. 1 teaspoonful of gelatine.

Candy

1. ***Q. What are the principal varieties of "home-made" candies?***

   A. (a) Fudges.
   (b) Taffies.
   (c) Fondants.
   (d) Gelatine candy such as "Turkish Delight" and "Marshmallows".

2. ***Q. What is "fudge"?***

   A. Fudge is a candy made by cooking together sugar, either white or brown, milk or cream, butter and flavoring material to 238 degrees.

3. ***Q. What are the secrets of creamy fudge?***

   A. (a) Rapid cooking to 238 degrees, stirring all the time.
   (b) Rapid cooling, by setting the dish containing the fudge in a larger pan of cold water.
   (c) Beating until the fudge begins to set.

   Some cooks add the butter only when the mixture has reached 236 degrees.

4. ***Q. What may be used instead of cream in making fudge?***

   A. Evaporated milk is an excellent substitute for cream in candy-making.

5. ***Q. What are the conditions that make fudge grainy rather than creamy?***

   A. When fudge is stirred while it is still too hot or when the material used where not rich enough.

6. ***Q. What conditions cause taffy to sometimes turn into sugar?***

   A. (a) When it has been stirred too much after boiling has begun.
   (b) When no acid such as cream of tartar, glucose or vinegar is called for.
   (c) When it is pulled while too hot.

7. ***Q. When should flavoring be added to a pulled taffy?***

   A. During the process of pulling.

8. ***Q. How long should taffy be pulled?***

   A. Until it begins to lose its lustre.

9. ***Q. If no thermometer is at hand how can candy be tested during cooking?***

   A. By dropping a little into ***very cold*** water, remembering always, that the finished product will have the same texture as the bit tested.



POUND CAKE (page 228)
BOILED ICING (page 241)

10. Q. What should be particularly guarded against in making Turkish Delight?

A. Once the gelatine is added to the mixture, it should be stirred constantly, as the gelatine is very apt to burn at the bottom.

11. Q. What are the acids commonly employed in candy-making?

A. (a) Cream of tartar.
(b) Glucose or corn syrup.
(c) Acetic acid, No. 8.
(d) Vinegar.

12. Q. What role is played by acid in candy-making?

A. It cuts the grain of the sugar and prevents the syrup going back to its original state.

13. Q. What is fondant?

A. Fondant is a mixture of sugar, water and acid cooked to a certain degree.

14. Q. What conditions make fondant grainy?

A. (a) When it is stirred too much after it has begun to boil.
(b) When the grains of sugar are not wiped off the sides of the saucepan.
(c) When it is worked while it is yet too hot.

15. Q. Why does fondant sometimes refuse to set or harden?

A. Either it has not been cooked enough or too much acid has been used.

16. Q. Give the steps in making ANY variety of fondant.

A. (a) Stir the sugar and liquid until almost dissolved.
(b) As soon as syrup begins to boil, wipe off the sides of the saucepan so as to remove every grain of sugar.
(c) Put on the cover and let the candy steam for five minutes.
(d) Remove cover and put in thermometer and let cook to required degree.
(e) Pour on slab or dish brushed over with cold water and let the syrup spread out as much as it can.
(f) When the syrup can bear the imprint of the fingers without sticking (generally about fifteen minutes from the time it is poured), it is ready to be worked.
(g) Work with a spatula until the fondant sets.
(h) Roll in a cloth wrung out of cold water and let stand for two hours.
(i) Put into crock and cover with damp cloth that does not touch fondant.

17. Q. When is fondant in condition to be moulded?

A. It may be moulded after having been ripened for two hours in a damp cloth, but it is much easier to handle after it has stood in a crock for at least two days.

18. Q. How long may fondant be kept in a crock covered with a damp cloth?

A. Provided the cloth is dampened from time to time, say once a week, fondant may be kept indefinitely.

19. Q. When should cream of tartar be used rather than acetic acid in making fondants?

A. Acetic acid makes a fondant that is almost too creamy for ***coating*** bonbons, so cream of tartar should be used for fondant that is to be employed for coating.

20. Q. Why do chocolate coatings sometimes become grey and streaked?

A. Either the chocolate was too hot when applied or the bonbons were chilled while being cooled.

21. Q. How can bitter chocolate be sweetened for coating chocolates?

A. It cannot be done at home.

22. Q. What kind of chocolate may be used for dipping?

A. Baker's Premium chocolate may be used for all bitter-sweets, but a special variety, such as "Dot" chocolate must be bought for sweet chocolate dipping. Confectioners generally carry several lines of dipping chocolate or chocolate "liqueurs".

23. Q. How may chocolate be thinned for coating?

A. Regular dipping chocolate does not need to be thinned, if of good quality, but confectioners sometimes use a little cocoa butter.

24. Q. To what temperature should chocolate for dipping be heated?

A. It should be just warm enough to melt, or about 85 degrees.

25. Q. On what kind of surface should chocolates be dropped?

A. On either heavily waxed paper or oil-cloth. They adhere to china or glass and cannot be easily removed.

26. Q. May the same chocolate be heated up several times?

A. As often as it may be needed.

27. Q. How may centres for chocolates be moulded?

A. (a) By hand.
(b) By melting and pouring into starch moulds.

28. Q. What are starch moulds?

A. Starch moulds are indentations made in a panful of cornstarch by any solid body. They are generally made from plaster Paris moulds purchased for that purpose.

29. Q. How should fondant be melted?

A. It should be melted over hot water and should never be allowed to get ***too*** hot or it will become grainy. It should be constantly stirred while being melting.

30. Q. How can fondant be thinned?

A. Fondant that has thickened while being heated can be thinned by the addition of a few drops of cold water.

31. Q. How can one tell when fondant is hot enough?

A. It should be just liquid enough to pour.

32. Q. What is Marzipan?

A. Marzipan is a mixture of almond paste and fondant in equal proportions, that is a pound of fondant to a pound of almond paste.

33. Q. What is almond paste?

A. It is a preparation of ground almonds and sugar that may be purchased from confectioners' supply houses.

34. Q. What is simple syrup?

A. Simple syrup is made by cooking 2 cups of sugar with 1 cup of water and cream of tartar the size of a pea to 220 degrees. Some candy-makers use it to thin fondant that has thickened while being heated.

35. Q. Why is it difficult to make hard candy at home?

A. (a) Because without candy-makers' gloves, it is impossible to handle the candy at the temperature at which it must be pulled.

(b) Because hard candies cool very quickly and are very hard to manage while being pulled.

36. Q. How are "buttercups" made?

A. A portion of fondant is enclosed between two sheets of taffy and then cut into cushions while still soft with scissors.

37. Q. What is the best method of salting nuts?

A. They should be tossed in beaten white of egg and then grilled in the oven while being stirred constantly.

38. Q. What are "glace" nuts or fruit?

A. They are pieces of fruit or nuts dipped into a syrup cooked to a very high degree and then dropped on an oiled plate or marble slab. Glace fruits do not keep longer than a day and glace nuts should always be kept in air-tight jars as they turn into sugar when exposed to the air for any length of time.

39. Q. How may marzipan be used?

A. (a) It is very often used to cover fruit cakes so as to prevent the juices of the fruit in the cake from oozing out and discoloring the icing.

(b) It is moulded into shapes resembling fruit, such as strawberries, peaches and then crystallized.

(c) It is moulded into balls and dipped into glace syrup, then allowed to cool on waxed paper, or to a cold plate.

40. Q. Why is it better to test caramels in cold water rather than with a thermometer?

A. Because the mixture is so thick that heat penetrates it slowly. When a small piece dropped into ***cold*** water forms a moderately hard ball, the candy should be removed from the fire and poured into tins lined with heavy wax paper or into well-buttered pans.

41. Q. How can the flavor of orange be given to fondant?

A. By working in grated orange peel, the yellow part only, and adding a little lemon juice while creaming the fondant.

42. Q. When are fondants at their best?

A. About two weeks after making, if kept in a cool place.

43. Q. What precaution must be taken in making glacé fruit?

A. The fruit must be ***absolutely*** dry, otherwise it will cause the syrup to trun into sugar.

44. Q. What are the best kinds of fruit for making glacés?

A. (a) Carpels of oranges.

(b) White grapes.

(c) Raisins.

(d) Candied cherries.

Candy Recipes

After Dinner Mints

6 cups sugar
2 cups water
½ teaspoonful cream of tartar

METHOD:

Cook like fondant to 260°, then pour on buttered platter or marble slab and when cool enough pull until it loses its lustre, adding while pulling, 15 drops of oil of peppermint and 3 drops of oil of lemon. Cut into cushions and roll in equal parts of cornstarch and confectioners' sugar. Let stand in a warm room or place for two hours then put into crock or jar covered with a damp cloth and let ripen until creamy. Any flavoring or coloring may be used to make a variety. Keep in air-tight jars.

Butter Fondant

6 cups sugar
1 tablespoonful white corn syrup
½ cup butter
2 cups water

METHOD:

Make like plain fondant, but in very large saucepan as the mixture boils up very high, cooking all the ingredients to 242°. This fondant should be dipped the same day it is made.

Butter Fudge

2 cups brown sugar
1 cup milk
1 pinch salt
½ cup sugar
¼ cup butter

METHOD:

Make like chocolate fudge, only cook to 240°.
By adding one can of Baker's cocoanut, butter fudge becomes cocoanut fudge.

Candied Grapefruit or Orange Peel

Grapefruit or orange skins
Sugar, water

METHOD:

(a) Soak peel overnight in salted water to cover (1 tablespoonful salt to 4 cups water) and then cook until tender enough to be pierced by a toothpick. Scrape out white part.
(b) Drain peel and measure as much sugar as peel, adding ½ cup of water for every cup of sugar used.
(c) Cook syrup to 220° and then add peel cut into strips. Cook until peel is transparent.
(d) Remove to plate and when cool, roll in granulated sugar. Candied peel should be kept in air-tight boxes or jars.

Caramels de Luxe

2 cups sugar
2 cups white corn syrup or glucose
2 cups evaporated milk
1 tablespoonful grated orange rind

METHOD:

(a) Cook sugar and corn syrup until transparent and then add the milk gradually without stopping the boiling and let cook, ***stirring all the time*** to 242°, then pour into buttered pans to the depth of at least one inch.

(b) When cold cut into squares with a sharp knife.

Chocolate Fudge

½ cup sugar
1 cup milk
¼ lb. bitter chocolate (Baker's)
2 cups brown sugar
¼ cup butter
1 pinch salt

METHOD:

(a) Mix all the ingredients and cook to 238°, stirring all the time.

(b) Let stand 5 minutes, then set saucepan in larger dish of cold water and beat until it thickens.

(c) Pour into buttered tins and cut into squares.

Nuts or fruit may be added when the fudge is removed from the fire.

Coffee Fondant

6 cups sugar
1 tablespoonful white corn syrup or glucose
3 cups strong coffee
Cream of tartar (about size of a pin head)

METHOD:

Mix all the ingredients and make like plain fondant, cooking to 241°.

Divinity Fudge

2 cups sugar
½ cup water
1 pinch salt
½ cup white corn syrup
2 teaspoonfuls vinegar
2 egg whites

METHOD:

(a) Cook the sugar, water, corn syrup, vinegar and salt to 254°.

(b) Pour gradually in a thin stream on the beaten whites of eggs and continue beating until the fudge sets. 1 cup of walnuts may be added at the end.

(c) Drop by spoonfuls on waxed paper or pack into a buttered tin.

French Nougat

1 cup sugar
⅓ cup honey
¼ teaspoonful salt
2 egg whites
4 tablespoonfuls cherries (candied)
1 teaspoonful vanilla
⅓ cup white corn syrup
¼ teaspoonful melted paraffine
4 tablespoonfuls water
¼ cup blanched almonds
¼ cup blanched pistachio nuts (not necessary)

METHOD:

(a) Cook sugar, corn syrup, honey, paraffine and water to 248° stirring occasionally.

(b) Pour ½ the syrup on the stiffly beaten whites of eggs with the salt, beating all the time.

(c) Cook the other half of the syrup to 290° and add to the other mixture. Beat until thick then pour into pan lined with rice paper and cover with a weight. Let stand for 24 hours, ten cut into pieces with a sharp knife.

Glace Fruits and Nuts

Cream of tartar (size of pea)
or
4 drops acetic acid No. 8

3 cups sugar
1½ cups water

METHOD:

(a) Cook like fondant to 390°, then remove pan immediately from fire and dip bottom in cold water ***for a second only*** to stop the cooking of the syrup.

(b) Set the pan containing the syrup on a larger pan of ***boiling*** water and working quickly, dip each nut bonbon or thoroughly dried fruit into the syrup and let fall on a buttered plate.

The syrup may be colored with vegetable coloring before beginning to cook it.

Maple Cream (Sucre à la crème)

2 cups or 1 lb. maple sugar

1 cup thick cream

METHOD:

(a) Cook all the ingredients together, stirring constantly over a hot fire to 238°.

(b) Remove from fire and let stand until cool, or let stand for 5 minutes and then place saucepan in a larger dish of cold water and beat until on the point of setting. Pour into buttered moulds. Nuts may be stirred in just before pouring. ¾ cup of cream may be used, but the result will not be so rich and creamy.

Maple Fondant

2 cups sugar
2 cups water

2 cups or 1 lb. maple sugar
Cream of tartar (size of a pin head)

METHOD:

Mix all the ingredients and cook like plain fondant to 241°. Use a large saucepan. This fondant if kept too long, ferments.

Marshmallows Fudge

Line a pan with marshmallows cut into halves and pour butter fudge over them. When set, cut into squares.

Marzipan Bonbons

Make a pound of plain fondant and cook to 240° then add one pound of almond paste and stir until well blended. Add ½ cup of orange juice and mould into whatever shapes desired.

Molasses Taffy

2 cups sugar
2 cups Barbadoes or New Orleans molasses
1½ cups white corn syrup
1 cup light brown sugar
1 cup water

METHOD:

(a) Mix all the ingredients in a very large kettle and cook to 254°, stirring towards the end to prevent burning.

(b) Remove from fire and ½ cup butter, ½ teaspoonfuls salt and soda the size of a pea.

(c) Finish like white taffy and roll in heavily waxed paper.

Orange Cream

2 tablespoonfuls butter
¾ cup milk
2 teaspoonfuls orange juice
2 cups sugar
1 grated orange rind
½ cup candied orange peel

METHOD:

(a) Cook all the ingredients except the orange peel together to 238°.

(b) Stir in candied orange peel and finish like maple cream.

Peanut Brittle

4 cups sugar
1 cup water
2 cups large, raw peanuts
¼ teaspoonful cream of tartar

METHOD:

Cook all the ingredients together until the peanuts begin to crack, then add ½ cup butter, ¼ teaspoonful soda and ¼ teaspoonful salt and cook to 275°.

Pour out on buttered slab and flatten out until very thin, using a rolling pin if necessary. Break into pieces when cold.

Cocoanut brittle may be made by adding 3 cups of shredded cocoanut instead of the peanuts. The cocoanut should be added when the temperature has reached 275°, and when thoroughly mixed, the candy should be poured on a buttered platter.

Plain Fondant (small quantity)

Cream of tartar (size of a pin head)
or
2 drops acetic acid No. 8
2 cups sugar
1 cup water

METHOD:

Cook to 238°. (See fondant method on page 248)

To Crystallize Bonbons

2 cups sugar
1 cup water

METHOD:

(a) Cook the syrup to 223°, then remove very gently from fire and let cool.

(b) Put the candy to be crystallized into a shallow pan and pour the cold syrup over it very gently. The bonbons should not touch each other.

(a) Cover the pan with a cheese cloth and let the candy stand in the syrup for 8 hours.

(d) Remove the cheese cloth and pour everything into a large sieve, allowing it to drain for 2 or 3 hours or until the candy is quite dry.

Turkish Delight

2 cups sugar
½ cup fruit juice
1 oz. sheet gelatine
1 cup water
Juice of a lemon
¼ teaspoonful salt
½ teaspoonful cream of tartar

METHOD:

(a) Dissolve gelatine for 3 hours in ½ cup cold water.

(b) Cook sugar with ½ cup water until clear then add the dissolved gelatine and cook for 20 minutes, stirring carefully as the gelatine is apt to stick to the bottom of the pan and burn. Add cream of tartar.

(c) Remove from stove and add the lemon juice with the fruit juice and pour into pans generously sprinkled with equal parts of cornstarch and confectioners' sugar. It should be at least 1 inch deep in the pan. Let stand for 24 hours, then cut into squares and roll in sugar and cornstarch mixture.

Whipped Cream Fondant

Like plain fondant, but cook to 242°. When cold enough to keep the imprint of the fingers, add a beaten white of egg for every pound of sugar, and work with a spatula until the mixture sets.

White Taffy

3 cups sugar
1 cup water
⅝ cup white corn syrup
2 tablespoonfuls vinegar

METHOD:

(a) Stir all the ingredients well and then cook over hot fire to 252° in winter and 254° in summer, stirring just enough to keep it from sticking to the pan. If wanted very hard, it should be cooked to 270°.

(b) Pour into a buttered tin and when cool enough to handle, pull until it begins to lose its gloss.

(c) Cut into cushions and wrap in waxed paper.

This taffy is often called "Salt Water Taffy". Nuts or bran may be added to it while being pulled.

Canning, Preserving and Jelly-Making

1. Q. What are the chief means of food conservation?

A. (a) ***Drying*** or dehydrating.
(b) ***Pickling*** or the immersion in spiced vinegar.
(c) ***Preserving,*** or the immersion of cooked fruit in a heavy sugar syrup.
(d) ***Canning*** or the sterilization of fruit, vegetables, fish or meat in air-tight receptacles.

2. Q. How may fruit, vegetables or meat be dried?

A. They should first be blanched, then placed either in a slightly warm oven, (250 degrees) or put in a sunny dry place until all moisture has evaporated. They should then be stored in air-tight, insect-proof containers.

3 Q. What do you mean by "sterilization"?

A. By ***"sterilization"*** is meant simply boiling anything for at least five minutes. The object of sterilization is to kill the germs that cause putrefaction in all organic bodies.

4. Q. What is the difference between "sterilization" and "pasteurization"?

A. (a) ***Sterilization*** is ***boiling*** or subjecting to a temperature of 212 degrees.
(b) ***Pasteurization*** is ***simmering*** or subjecting to a temperature of 180 degrees.

5. Q. When should pasteurization be used rather than sterilization?

A. Milk should be ***pasteurized*** rather then ***sterilized,*** because sterilization changes the ***taste*** of milk, whereas pasteurization kills the germs without altering the taste. In all other cases, sterilization should be used to destroy germs.

6. Q. What is mant by "blanching"?

A. (a) The plunging of anything into boiling water for a certain number of minutes and then,
(b) the thorough chilling in cold water.

7. Q. What is the object of "blanching" in food consevation?

A. The blanching of fruit or vegetables
(a) sets the color;
(b) shrinks the vegetables or fruit;
(c) destroys strong flavors.

8. Q. What is the object of making fruit or vegetables shrink before putting them into jars?

A. The jars will then be full after the vegetables or fruit is sterilized, otherwise, much jar-space would be lost.

9. Q. How long should vegetables be blanched?

A. ***Root*** vegetables should be blanched until the skin comes off with the fingers.
Tomatoes and ***peaches*** should be blanched until the skin cracks.

10. Q. What fruit should never be blanched and why?

A. ***Soft*** fruit, such as ***berries*** should never be blanched as they would lose their shape. It is better in such case that the jars should not be so full rather than that the berries should be too soft.

11. Q. Why is slightly under-ripe fruit best for preserving and jelly-making?

A. Because under-ripe fruit contains more pectin or vegetable gelatine than fully ripe fruit.

12. Q. What kind of rubber rings should be used for canning?

A. A rubber ring should ***never*** be used twice under ***any circumstances.*** Either white or red rubber is generally of better quality than black rubber. It is a wise precaution to see to it that the name of the manufacturer is on the box so that he may be held responsible in case the rings should prove unsatisfactory.

13. Q. How long should fruit or vegetables be sterilized?

A. The time required for the different vegetables and fruit is given in a table at the end of the chapter.

14. Q. Why should beets always be canned in hot water?

A. To prevent their "bleeding". For the same reason, they should be canned without salt.

15. Q. Should fruit or vegetables canned by the cold method be covered with hot or cold water?

A. Except in the case of beets, it makes no difference whatever in the finished product.

16. Q. Should hot or cold water be used in the kettle in which the jars are placed for sterilization?

A. It makes no difference, but it is wiser not to have too sharp a contrast between the water ***within*** the jar and the water on the ***outside*** so as not to risk cracking the jar.

17. Q. When should one begin to count the number of minutes required for sterilization?

A. Only when the water in the kettle begins to boil violently or when the temparature of the water in the kettle registers 212 degrees by the thermometer.

18. Q. Is it necessary to sterilize the jars before when using the "cold pack" method of canning?

A. No, since the same sterilization used for the fruit or vegetables will suffice to sterilize the jars.

19. Q. What is the "cold pack" method of canning?

A. It is nothing more than the packing of raw vegetables or fruit into jars or cans and cooking them by surrounding them with boiling water.

20. Q. What are the advantages of the "cold pack" method over the old-fashioned "open kettle" method?

A. (a) Vegetables and fruit keep their shape much better when packed raw into the jars.

(b) All the sterilization is done at the same time and it is therefore much less trouble.

21. Q. What is meant by "periodic" or "intermittent" sterilization?

A. By "periodic" or "intermittent" sterilization is meant several sterilizations at intervals of twenty-four hours.

22. Q. When are "periodic" or "intermittent" sterilizations necessary?

A. In canning ***peas, green beans, corn*** and ***asparagus*** two sterilizations are necessary.

23. Q. Explain why "periodic" or "intermittent" sterilizations are necessary for peas, green beans, corn and asparagus?

A. The first sterilization in the case of peas, green beans, asparagus and corn develops the spores so that twenty-four hours later a whole army of new germs are ready to attack the vegetables. They should be rendered immune by a second sterilization.

24. Q. What are the great secrets of canning?

A. (a) Sufficient sterilization.

(b) Air-tight containers.

25. Q. Should glass jars be placed directly on the bottom of a metallic kettle for sterilizing?

A. No, because metal is a good conductor of heat, and glass is a bad one, therefor the glass would be apt to break because it could not let the heat pass through it quickly enough. Either a wad of paper or a layer of straw, or a perforated plank should be put between the jars and the bottom of the kettle.

26. Q. What is the difference between boiling and simmering?

A. (a) In ***boiling*** the bubbles break rapidly on the ***surface*** of the liquid.

(b) In ***simmering,*** the bubbles break ***slowly*** on the ***surface*** or merely on the ***bottom.***

A liquid boils at 212 degrees and simmers at 180 degrees Fahrenheit.

27. Q. How could you keep apples or pears from discoloring while you are peeling them?

A. By dropping them into salted or acidulated water, one teaspoonful of salt or 1 teaspoonful vinegar to a cup of cold water.

28. Q. Why should some vegetables such as cucumbers, onions and green tomatoes be sprinkled with salt and allowed to stand for 24 hours before pickling them?

A. Salt causes a great deal of water to exude which would otherwise weaken the pickling solution. Salt also toughens the vegetable fibre giving a better texture to the finished product.

29. Q. How could you prevent ripe cucumbers or melon rind from getting too soft when cooked in syrup or in a pickling solution?

A. By soaking in water in which 1 teaspoonful of alum have been dissolved for every quart used. The fruit should be simmered for ten minutes, then soaked in ice water for 2 hours. Some cooks prefer limewater to alum.

30. Q. Why should fruit for preserves always be cooked in a thin syrup and the syrup then boiled down until thick?

A. Because if fruit were cooked in a ***heavy*** syrup it would shrink and toughen.

31. Q. What do you mean by a light syrup?

A. By a light syrup is meant a solution of sugar and water in the proportion on 2 parts of water or more to one part of sugar. By boiling, a light syrup may be condensed and thereby becomes a heavy syrup.

32. Q. How can canned pears be made less insipid?

A. By adding a slice of lemon to every quart of fruit and by putting a clove in the depression at the top of each pear.

33. Q. What fruit is good for sweet pickle?

A. Watermelon rind, ripe cucumbers, small clingstone peaches, small, slightly under-ripe pears and small green tomatoes.

34. Q. In making sweet pickles, what precaution must be taken in using green tomatoes?

A. The tomatoes should be allowed to stand over-night with salt sprinkled generously between the layers. They will then shrink and become firm.

35. Q. What is the difference between "jam" and "marmalade"?

A. A ***"jam"*** is made of crushed fruit in a heavy syrup made from the fruit juice and sugar.
A ***"marmalade"*** is the name given to a jam made with the citrus or acid fruit, such as lemons, oranges, and grapefruit.

36. Q. Define:—"chutney", "relish", "conserve".

A. ***"Chutney"*** is a sweet pickle, highly seasoned with red pepper and ginger which should be served with meat.
A ***"relish"*** is a pickle made of very finely chopped vegetables. It may be either sweet or sour. A relish may be served as a "hors-d'œuvre" or with meat.
A ***"Conserve"*** is a jam to which nuts have been added.

37. Q. Is there a difference between "jam" and "preserves"?

A. Yes, in jam, the fruit is crushed; in preserves, the fruit is left whole or in large pieces.

38. Q. What precaution should always be taken before canned products are put away for the winter?

A. Each jar should be tested for the ***"perfect seal"***.

39. Q. How can the "perfect seal" be tested?

A. The springs should be lowered and an effort made to move the glass cover. If the cover moves or bubbles of air are seen ***moving*** in the jar, the seal is not perfect and the contents of the jar will not keep. If a Mason har is used, the metal rim should be unscrewed. If the glass cover does not move, the seal is perfect.

40. Q. What is the best variety of jars for canning vegetables or fruit?

A. There are many varieties on the market now that give very good results but the old-fashioned Mason jars should be used only for the storage of preserves, jam or jellies.

41. Q. Why do jams and jellies keep well in jars that could not be used for canning?

A. Because a heavy syrup does not allow bacteria to pass through it. If preserves, jams or jellies are kept in a cold, dry place, there is no danger of fermentation as heat and moisture are two essentials of fermentation. Pickles may be kept like jams, under the same conditions.

42. Q. What should be done if it is found that the seal of a jar is not perfect?

A. The inner rim of the jar and the edge of the cover should be examined to see if there is not the slighest nick. The cover should be examined to see if it fits perfectly on the rim of the jar, as sometimes the cover is distorted in the making. If the cover is not perfect, change it, if the rim of the jar is at fault, the jar must be discarded for canning but may be used for pickles, jams or jellies.

43. Q. Is there any difference in the process between canning of fruit and the canning of vegetables?

A. The only difference lies in the liquid used. In canning fruit, a light syrup is used. In canning vegetables, slightly salted water is used.

44. Q. For what vegetable is the "open kettle method" of canning to be preferred?

A. It is generally considered more practical from every standpoint to stew tomatoes slightly before sterilizing them in the jars. They shrink less and therefore less space is lost in the jars.

45. Q. In the "cold-pack" process, how high should the water be around the jars?

A. The water should be allowed to cover the jars to a depth of at least an inch.

46. Q. Is there no danger of the juice of the canned product getting OUT or the water from the outside getting INTO the jar?

A. None whatever. Pascal's law in physics tells us that at a given point in a liquid, pressure is exerted equally in all directions. In other words, the liquid on the inside of the jar is pressing to get out with exactly the same force that liquid on the outside is pressing to get in with the result that neither makes any headway.

47. Q. How much salt should be added to vegetables in canning them?

A. The general practice is to mix equal quantities of salt and sugar and then use 2 teaspoonfuls of the resulting compound for every quart of vegetables. The only exception to this rule is beets, with which nothing but pure water should be used.

48. Q. What is pectin?

A. Pectin is vegetable gelatine and is the substance that causes certain fruit juices to solidify.

49. Q. Does all fruit contain pectin?

A. More or less, but comparatively few contain enough pectin to make jellies.

50. Q. How could you ascertain the quantity of pectin contained in a given fruit?

A. By mixing one teaspoonful of the hot fruit juice with 1 teaspoonful of pure alcohol. If pectin is present, the solution will set immediately.

51. Q. Is pectin alone necessary to make good jelly?

A. No, there must also be a minimum of acid in the fruit juice.

52. Q. What fruit is the richest in pectin?

A. Red or white currants, tart apples, slightly under-ripe grapes, blueberries, raspberries and quinces.

53. Q. Why does slightly under-ripe fruit make better jam or jelly, than the fully riped variety?

A. Because it contains a higher percentage of acid.

54. Q. Into how many classes may the fruit rich in pectin be divided?

A. (a) Into ***hard*** fruit, that needs the addition of water for the making of fruit juice; such as apples and quinces.

(b) Into ***soft*** fruit that has enough juice of its own, such as grapes, currants and raspberries.

55. Q. What is the process of making jelly from hard fruit?

A. (a) The fruit should be carefully washed and trimmed of all hard spots and decayed portions.

(b) The prepared fruit should then be covered with half its own volume of hot or cold water and stewed until very tender.

(c) The cooked fruit should then be turned into a jelly bag made of two thicknesses of cheese cloth, or better still of white flannel, and allowed to drip over-night.

56. Q. May one squeeze the jelly bag to get out more juice?

A. By no means, if a perfectly clear jelly is wanted, but a second grade jelly may be made after the juice that drips through has been used. Such a jelly might be used for putting between layers cakes or for jelly-rolls since the only quality it lacks, is transparency.

57. Q. How should jelly be made from soft fruit?

A. (a) The fruit should be crushed until the juice runs freely and it should then be stewed until very tender, about half an hour.

(b) Drain from a jelly bag as for the hard fruit.

58. Q. Once the juice is obtained, how should jelly be made?

A. The process is the same for juices obtained from hard or soft fruit.

(a) Test the juice for pectin and, if a stiff jelly is obtained when the alcohol is added, add as much sugar as juice and bring to a rapid boil, perferably in a broad, shallow pan so that the vaporation may be rapid.

(b) Add the sugar at once and cook until the jelly sets when tested. If when tested with alcohol, a rather soft jelly is obtained lessen the amount of sugar used.

59. Q. If no alcohol is obtainable by which to test for pectin, what is the best course to follow?

A. 1 teaspoonful hot fruit juice, 1 teaspoonful sugar, 1 teaspoonful Epsom salts. As a general rule, one can obtain a good jelly from any of the jelly-making fruit mentioned above, by adding three-quarters of a cup of sugar for every cup of fruit juice.

60. Q. How can one know when the sugar and fruit juice are sufficiently cooked for jelly?

A. When the juice has become thickened and falls heavily from the side of a ***cold*** tablespoon. Generally all the drops run into one when the syrup is thick enough.

61. Q. Is there any danger of over-cooking fruit juice in jelly-making?

A. Very decidedly. Great care must be used in not letting the syrup boil beyond the jelly point.

62. Q. How may jelly be made from any fruit juice whatever?

A. By using a commercially prepared pectin such as "Certo".

63. Q. Does not "Certo" make jelly much more expensive?

A. On the contrary, because of the larger amount of jelly obtained, jelly made with Certo is rather cheaper than when made with fruit juice alone. In making jelly with fruit juice alone, the juice has to be considerably boiled down before it will jelly, whereas with Certo, all the extracted fruit juice is made into jelly.

64. Q. Is not jelly made with Certo too sweet, owing to the larger proportion of sugar used?

A. Lemon juice or tartaric acid may be used to suit one's taste in making jelly or jam with Certo.

65. Q. What is another advantage of "Certo"?

A. As definite recipes are given for the making of jam or jelly with ***each*** particular kind of fruit, there is no uncertainly about results, if the recipes is carefully followed.

66. Q. How should jelly glasses be prepared?

A. They should be thoroughly cleaned and placed in a metallic tray or on a pie plate and the hot jelly poured in. It is a wise precaution to move a teaspoon from glass to glass as the hot syrup is poured into the glasses.

67. Q. What role do the metal try and spoon play when the glasses are filled with hot syrup?

A. The spoon and tray being of metal are good conductors of heat and draw off the heat from the syrup, so that the glass which is a poor conductor of heat is less apt to break.

68. Q. If jelly does not set at once, what should be done?

A. If jelly does not set as soon as poured into glasses, the next day, the glasses should be set into a warm oven (200 degrees) for several hours. If a thick film forms across the glass, the jelly will surely set within a few days.

69. Q. Why does fruit juice have to be boiled longer some days than others?

A. Because it takes longer for the liquid to evaporate on a damp day than on a dry one, but provided a film forms on the top, there is no fear that the jelly will not set with time.

70. Q. What condition makes jelly tough?

A. When too little sugar is used with a fruit juice rich in pectin.

71. Q. What can be done with a fruit juice that has been cooked beyond the jellying point?

A. It can be used as syrup for making pudding sauces or with pancakes or waffles, but a good jelly cannot be made from it.

72. Q. Can a thick jam be made with strawberries alone?

A. No, because there is not enough pectin or vegetable gelatine in strawberries to thicken the syrup. To make thick strawberry jam pectin in form may be added, such as pure apple juice, currrant juice or Certo.

73. Q. What are the principal kinds of syrups used in canning?

A. (a) ***Thin***—2 cups water to 1 cup sugar.

(b) ***Medium***—2 cups water to 2 cups sugar.

(c) ***Thick***—1 cup water to 2 cups sugar.

Conservation Formulas

Any Jam

INGREDIENTS:

2 cups prepared fruit (1 pound) — 1½ to 2 cups sugar

METHOD:

(a) Put layer of crushed fruit in preserving kettle and sprinkle with sugar (using measured quantity). Let stand over-night.

(b) Cook in broad, shallow kettle over slow fire for about 2 hours, stirring often to prevent burning at the bottom. It is a wise precaution to use an asbestos mat under the kettle.

(c) Test by dropping a teaspoonful of jam on a cold plate. If jam keeps its form, it is cooked enough.

(d) Pour into sterilized jars and seal at once. If jars are not "Perfect Sealers", it is a wise precaution to cover the hot jam with melted paraffine, especially if the place where it is to be kept is not cold and dry.

Variations

Apple

5 lbs. peeled sliced apples
1 oz. peeled, chopped green ginger root
2 cups water
4 lbs. sugar
¾ cup lemon juice
8 teaspoonfuls grated lemon rind

METHOD:

Mix all ingredients and let stand overnight, cook like jam until thick.

Carrot

3 lbs. chopped carrots
4 lbs. sugar
Pulp and grated rind of 6 lemons

Fig

3 lbs. rhubarb
1 sliced lemon
2 lbs. dried figs
4 lbs. sugar

METHOD:

Steam figs until tender, then mix with other ingredients and cook like jam until thick.

Green Grape

Made like jam. Excellent for cold meat.

Green Tomato

4 lbs. chopped tomatoes
3 tablespoonfuls grated lemon rind
½ cup hot water
1 cup lemon juice
2 oz. finely chopped green ginger root

METHOD:

When the given ingredients have cooked for an hour add 3 lbs. (6 cups) sugar and let simmer for 2 hours more.

Pineapple and Peach

Use equal parts of prepared pineapple and peaches and cook like jam until thick. (See formula page 266.)

Peach and Lemon

1 lb. peaches
1 sliced orange
1 sliced lemon

METHOD:

Cook like any jam until thick.

Quince

Prepare like any other jam and after having let it stand for 24 hours bake in 300° oven for 5 hours. Equal parts of apples and quinces make excellent jam.

Raspberry and Currant

Equal parts of raspberries and currants cooked like any other jam.

Strawberry

Half as much shredded pineapple as strawberries mixed with as much sugar as fruit. Cook as any other jam.

Tomato

1 lb. tomatoes, green or ripe
2 thinly sliced lemons
1 lb. or 2 cups sugar
2 oz. finely chopped green ginger root

METHOD:

Cook tomatoes, lemons and sugar together for 20 minutes, then add chopped ginger and cook until thick. Yellow tomatoes are often used for this jam.

Watermelon

Use only the red part of the melon and add 1 teaspoonful grated lemon rind for every 2 cups of melon pulp. Make like ordinary jam.

Fruit Canning Table

Fruit	Preparation	Hot water bath	10 lb. steam pressure
Apples	Wash, pare and cut into pieces, dropping the pieces into cold salted water (1 tablespoonful salt to a quart of water). Cook pack and cover with **thin** boiling syrup	20 min.	10 min.
Apple Sauce	Pack hot and sterilize	5 min.	5 min.
Apricots	Wipe. Halve and pit without peeling. Pack cold, and cover with **thin** boiling syrup	20 min.	10 min.
Berries and Currants	Wash, stem and cold pack. Fill jar with boiling **medium** syrup	20 min.	10 min.
Cherries	Wash, pit and pack. Stem if desired. Pack cold and cover with boiling **medium** syrup	25 min.	10 min.
Fruit Juices	Crush and heat fruit gently. Strain and pour into jars	30 min. (180 F.)	10 min.
Gooseberries	Wash, stem and cold pack. Cover with **thick** boiling syrup	20 min.	10 min.
Peaches	Blanch until skins crack in boiling water, then cold dip and slip off skins. Pit and halve. Pack cold in jars and cover with **medium** boiling syrup	20 min.	10 min.
Pears	Peel, core and halve slightly underripe pears. Cook from 4 to 8 minutes in boiling **medium** syrup. Pack hot and fill jars with the same syrup	20 min.	10 min.
Pineapple	Pare and core, then cut up. Pack cold and cover with boiling **thin** syrup	30 min.	15 min.
Plums	Wash and prick surface with needle. Pack cold and cover with boiling **medium** syrup	20 min.	10 min.
Plum Jam	Cook in **medium** syrup and pack hot	5 min.	5 min.
Quinces	Pare, halve and core. Cook until tender in **medium** syrup. Pack hot and cover with **medium** boiling syrup	10 min.	10 min.
Rhubarb	Wash, cut into pieces, cover wtih water and boil for 1 minute, then cold-dip. Pack cold and cover with boiling **medium** syrup	16 min.	10 min.
Strawberries	Wash. Stem. Cook gently for 15 minutes in **medium** syrup, then let stand in same syrup for 3 or 4 hours. Reheat to boiling point and pack hot	16 min.	10 min.
Tomatoes (whole)	Wash. Blanch until skins loosen, then cold-dip and slip off skins. Pack cold and cover with boiling stewed and strained tomatoes		

Vegetable Canning Table

Vegetable	Preparation	Hot water Bath	10 lbs. steam pressure
Asparagus	Scrape. Boil for 5 minutes with tips out of water, then pack hot and cover with boiling salted water	120 min.	40 min.
Beets	Scrub well and cut stems to 2 inches above root. Boil until skins loosen then cold-dip and slip off skins. Pack in boiling water	90 min.	40 min.
Carrots	Scrub well and boil until skins loosen, then cold dip and skin. Pack hot and cover with boiling salted water	90 min.	40 min.
Corn (grated)	Cut from cob and boil in water to cover for 1 minute. Pack hot and cover with boiling salted water	180 min.	60 min.
Corn on the Cob	Boil for 1 minute on cob, then pack hot and cover with boiling salted water	180 min.	60 min.
Green Peppers	Wash and take out seeds. Boil 3 minutes, then pack hot and cover with boiling salted water	45 min.	30 min.
Lima Beans	Shell and wash. Boil from 3 to 5 minutes according to size. Pack hot and cover with boiling salted water. Only **small** Lima beans should be canned	180 min.	60 min.
Mushrooms	Wash and peel. Boil for 3 minutes, then pack hot and cover with boiling salted water	120 min.	40 min.
Peas	Shell and wash, using only young peas. Boil 1 minute, then pack hot and cover with boiling slated water	180 min.	60 min.
Pumpkins	Peel, remove all membrane and seeds and cut into pieces. Cook until tender in boiling salted water. Drain. Mash and pack hot. Cover with boiling salted water	180 min.	60 min.
Spinach and other Greens	Wash carefully in hot water, then steam in colander over hot water until wilted. Pack hot and cover with boiling salted water	180 min.	90 min.
String or Wax Beans	Wash and trim. Boil for 1 minute, then pack hot and cover with boiling salted water. Beans must not be picked more than six hours	120 min.	40 min.
Tomatoes	Scald in boiling water until skins crack, then cold-dip and peel. Pack and cover with boiling stewed tomatoes	25 min.	15 min.
Vegetable Soup Mixture	Prepare vegetables. Boil for 1 minute then hot pack in boiling salted water	180 min.	60 min.

Beverages

1. Q. What are the secrets of good coffee?

A. (a) A good brand of freshly roasted beans.

(b) Coffee should be made just before serving as it loses its aroma on standing.

(c) Not less than four tablespoonfuls of ground coffee should be used per person to get the ***best*** results.

(d) Coffee is never at its best without cream.

2. Q. What are the best brands of coffee?

A. We consider "Blue Mountain" coffee second to none, but there are many excellent brands on the market which can be obtained from any high-class grocer.

3. Q. Is it wise to buy ground coffee?

A. It is best to buy the roasted beans and grind them as needed. However, ground coffee in air-tight tins gives quite good results.

4. Q. What is the best pot for coffee making?

A. Glass or porcelain pots are decidedly the best as they may be more thoroughly cleaned. A coffee pot should always be scalded before beginning to make fresh coffee in it.

5. Q. What is the difference between a "percolator" and a "tricolator"?

A. In a percolator, the coffee goes through ***two*** strainers; in a tricolator, a round of filter paper is placed on the lower strainer with the result that the coffee is much clearer.

6. Q. Should coffee be boiled?

A. It may be just brought to a boil and then removed to the back of the stove, but it should never be allowed to boil steadily.

7. Q. What is the difference between black tea and green tea?

A. The tea is exactly the same as to its origin, the only difference lies in the manner of curing.

8. Q. What other name is sometimes given to green tea?

A. Green tea is often called "China tea", although many people use the name "China tea" only to the varieties of green tea that have a smoky flavor.

9. Q. How should tea leaves be kept?

A. Like coffee in air-tight jars or cans.

10. Q. What kind of water should always be used in making tea?

A. Freshly boiled water. Water that has been boiling for several minutes does not make the best tea.

11. Q. Why should tea never be allowed to boil?

A. Because not only the flavor is spoiled, but deadly tannic acid is developed which is very bad for the health.

12. Q. What is the best method of making iced tea?

A. The hot tea, always black, should be poured over the ice. Lemon juice is often added to iced tea.

13. Q. May tea be re-heated?

A. If tea has been drained off the leaves, there is no harm in re-heating it, though naturally the flavor will have been impaired.

14. Q. Should coffee be roasted at home?

A. Only a professional coffee roaster gets the best results, therefore it is wiser to buy the roasted beans in rather small quantities at a time and grind it as used.

15. Q. If chicory is used in coffee-making, what proportion should be added to a pound of coffee?

A. In France, chicory is nearly always added to ground coffee in the proportion of one ounce of chicory to a pound of coffee.

16. Q. What advantage has chicory in coffee-making?

A. It brings out the flavor of the coffee.

17. Q. Should salt always be used in making coffee?

A. Most decidedly. Generally one-fourth teaspoonful of salt is added to every quart of infused coffee.

18. Q. Why should porcelain or enamel, be used for tea and coffee-making rather than tin?

A. Because tannic acid acts on tin and destroys the fine flavor of tea or coffee.

Beverage Recipes

Cream Lemonade

2 tablespoonfuls Sunkist Lemon Juice
2 teaspoonfuls sugar
6 tablespoonfuls milk
½ cup cold water

METHOD:

Add milk to cold water and then add sugar. Mix thoroughly. Pour in lemon juice quickly and beat again thoroughly. Amount—Individual service.

NOTE: These delicious and healthful drinks are all easily and quickly made. With a base of Sunkist Orange or Lemon Juice practically all fruit juices, either fresh or canned, may be combined for pleasing beverages.

Egg Orangeade

½ cup Sunkist Orange Juice
1 egg

For variation, add
1 tablespoonfuls Sunkist Lemon Juice

METHOD:

(a) Pour well beaten egg into a glass.
(b) Add orange juice, sugar to taste, and water to fill the glass Stir well. Amount—Individual service.

NOTE: California oranges and lemons balance other foods and are two of the most potent correctives and preventives of the common ailment, "Acidosis."

Grape Juice Punch

⅔ cup Sunkist Lemon Juice
1 cup Sunkist Orange Juice
1 pint grape juice
1½ pint water
1 cup sugar

METHOD:

(a) Mix lemon juice, orange juice, grape juice and water.
(b) Add sugar to taste.
(c) Pour into pitcher, half filled with ice.
Amount—2 quarts, service for 8 to 10.

Milk Orangeade

6 tablespoonfuls Sunkist Orange Juice
6 tablespoonfuls milk
6 tablespoonfuls cold water
1 teaspoonful sugar

METHOD:

Combine milk, water and sugar and beat thoroughly. Pour in orange juice quickly and continue beating vigorously until thoroughly combined. Serve in a large glass. Amount—Individual service.

Orange Squash

Combine equal parts Sunkist Orange juice and ginger ale, just before serving. Serve in glass with ice.

Orange with Cooked Cereal

½ Sunkist Orange
¼ cup cream
1 service cooked oatmeal

METHOD:

Combine cream with oatmeal and add pulp of orange free from membrane. Amount—Individual service.

NOTE: If cream and oatmeal are thoroughly combined before orange is added, the cream will not separate. This service is especially good for children who may not like the cereal which is so necessary for them. Other cooked cereals may be used in the same way.

Recipes

Coffee

Au Lait

(a) Mix ¾ cup of coffee with the same quantity of hot water and ¼ teaspoonful salt.

(b) Add 1 well-beaten egg, then add a pint of ***boiling*** water and let settle on back of stove for 10 minutes.

(c) Add hot milk or cream (about 2 cups) to taste.

In Tricolator

(a) Put 4 tablespoonfuls per person, of best freshly ground coffee in the tricolator.

(b) Pour over it as many cups of rapidly boiling water as persons to be served.

(c) The coffee may be poured through the tricolator a second time if preferred a little stronger.

(d) Pour the coffee into the cream, not the cream into the coffee.

Overnight Method

(a) Mix ¾ cup of ground coffee with the same amount of boiling water and after 5 minutes, stir in 2 cups of cold water.

(b) Let stand overnight in a cool place and then add ⅛ teaspoonful salt.

(c) Boil for exactly 1 minute, then serve with cream.

Sover's Method

(a) Heat ¾ cup of coffee in an agateware pan until hot throughout, stirring all the time.

(b) Put into a heated coffee pot and pour four cups of boiling water over it. Add ¼ teaspoonful salt.

(c) Let stand in warm place for 10 minutes, then serve with cream.

With Egg

(a) Beat 1 egg into ½ cupful of freshly ground coffee and moisten with ½ cupful of cold water.

(b) Add ⅛ teaspoonful salt and 2 cups of cold water.

(c) Bring very slowly to boiling point and let boil for 3 minutes.

(d) Let stand on back of stove for 5 minutes, then serve with cream.

Tea

(a) Into a freshly-scalded china or earthenware tea pot, put 1 teaspoonful of tea for each person to the served and 1 for the pot.

(b) Bring as many cups of water to a boil as there are persons to be served and use immediately.

Cheese

1. Q. What is cheese?

A. It is the curd or solid part of milk or cream pressed into shapes and ranging from a very soft to a very hard texture.

2. Q. What are the two great classes of cheese?

A. (a) ***Mild*** cheese.
(b) ***Strong*** cheese.

3. Q. Classify the best known cheese with regard to its origin.

A. ***Italian:*** Gorgonzola, much like Roquefort.
Parmesan, very hard and grated for cooking.

French: Brie, soft and very strong, never used for cooking.
Camembert, much like Brie, never used for cooking.
Roquefort, a cheese made from goats' and cows' milk mixed. Much used for salad dressing, hors-d'œuvre and sandwiches.

Swiss: Gruyere, a light colored cheese of medium texture, much used for sandwiches and high-class cooking.
Neufchatel, a soft cheese much like cream cheese, but made from milk.
Sap Sago, a very hard variety of cheese flavored with clover. It must be grated.

Dutch: Edam, a hard cheese made into balls colored red on the outside.
Cottage pot, a soft cheese made from sour milk. Often made at home from clabbered milk.

English: Cheddar, a medium cheese much used in cooking.
Cheshire and Gloucestershire are other varieties of Cheddar cheese.
English Dairy, slightly harder than cheddar.

German: Limburger, a medium cheese with a very strong odor but delicate flavor.

American: Dairy, a medium cheese varying from a mild flavor when fresh to a very sharp one when aged.
Pineapple, a cheese somewhat resembling Edam, but made in the form of a pineapple.
Liederkranz, a very soft cheese much used for sandwiches and salads.

4. Q. How should cheese be kept fresh?

A. Cheese is best kept in tinfoil in a fairly dry place. It may also be wrapped in a cloth wrung out of vinegar or a cur surface may be brush over with hot paraffine wax.

5. Q. How could you soften hard cheese to use for sandwiches?

A. It may be grated and then mixed with butter or cream until of the required texture.

6. Q. Give two methods of making cottage cheese?.

A. (a) Add 1 Junket tablet to 1 quart of milk heated until lukewarm, (not more than 100 degrees). When set, put into cheese cloth bag or into pierced mould lined with cheese cloth and let drain until dry. By adding a little cream and salt, the cheese is made more delicate.

(b) By treating clabber or thick sour milk like the milk thickened with the junket tablet.

A weight placed on the cheese while draining gives firmer texture.

7. Q. How should cheese be served?

A. (a) When wrapped in tinfoil, it may be cut into cubes and served with crackers or it may simply be unwrapped and offered to each guest with a silver knife.

(b) When very soft, it may be served with a spoon.

(c) When very hard like Edam or Pineapple cheese, it should be served with a scoop, allowing each guest to serve himself.

(d) Cream cheese is often rolled into balls and served with salad.

8. Q. What is a "Welsh rarebit"?

A. It is a mixture of cheese, eggs and cream or ale served on crackers. (See "recipes".)

9. Q. When cheese gets stringy in making cheese sauce, what can be done to make it melt?

A. A good pinch of soda added to the mixture will make the cheese blend with the other ingredients.

10. Q. To what use may an empty Edam cheese be put?

A. It may be used as a dish to serve scalloped vegetables in.

11. Q. What is "Golden Buck"?

A. It is poached egg served on a round of toast covered with Welsh Rarebit.

Cheese Recipes

Cheese Balls

1 cup **fresh** crumbs (grated bread)
4 tablespoonfuls butter
½ teaspoonful salt
¾ cup grated cheese (strong)
2 eggs
4 drops tabasco

METHOD:

(a) Work all the ingredients, except the eggs, until well blended.
(b) Add beaten eggs and form into balls the size of a marble.
(c) Fry in deep fat at 375° and drain on brown paper.

Cheese Boxes

8 croustades
⅓ cup grated onion
1 cup grated cheese
4 teaspoonful French dressing

METHOD:

(a) Cut 8 pieces of bread in two-inch squares and hollow out centres, brush over with melted butter and brown in a moderate oven.
(b) Fill with grated cheese mixed with mild grated onion and moistened with French dressing. Serve with salad.

Cheese Dreams

12 slices sandwich bread
1 tablespoonful butter
Pinch of red pepper
6 slices cheese, (Gruyère)
½ teaspoonful salt

METHOD:

(a) Cut cheese rather thick and put a slice between two slices of bread.
(b) Fry in melted butter on both sides and serve at once.

Cheese and Pepper Croquettes

6 small mild green peppers
2 tablespoonfuls flour
4 tablespoonfuls grated Swiss cheese
½ cup soft mild cheese cubed
1½ tablespoonfuls butter
⅓ cup milk
1 egg

METHOD:

(a) Cook peppers in oven until the skin comes off easily and then peel and remove seeds.
(b) Make sauce of butter, flour and milk and add grated Swiss cheese with beaten egg. As soon as cheese is melted, remove from fire and stir in cubed cheese, then fill pepper shells.
(c) Dip in milk then in equal parts of fine crumbs and flour and fry in deep fat or pan fry in butter. Drain on brown paper.

Cheese Soufflée (1)

1½ cups grated cheese
1⅓ cup fresh bread crumbs (grated crustless bread)
1 cup hot water
½ teaspoonful salt
4 eggs

METHOD:

(a) Soak crumbs in hot water or milk for 10 minutes, then mix with cheese and beaten yolks.

(b) Fold in stiffly beaten whites and bake soufflée dish in oven in larger pan of hot water for 30 to 45 minutes (375°). Serve immediately.

Cheese Soufflée (2)

1 cup white sauce No. 4
3 eggs
1 cup grated cheese
½ teaspoonful salt

METHOD:

(a) Add beaten yolks to white sauce and stir in grated cheese.
(b) Fold in stiffly beaten whites and season highly with salt and tabasco.
(c) Cook like Soufflée No. 1.

Cheese Soufflée (3)

1 cup diced bread
2 eggs
½ teaspoonful salt
2 cups milk
1 cup grated cheese
3 drops tabasco

METHOD:

Put diced bread in baking dish and cover with milk beaten with eggs and with cheese, or put alternate layers of cheese and diced bread into dish and cover with milk and egg mixture. Bake in 375° oven until well puffed and browned, from 30 to 45 minutes.

Cheese Straws

1 cup flour
½ to 1 cup grated cheese
Cold water
¼ teaspoonful salt
6 tablespoonfuls butter
¼ teaspoonful baking powder
4 drops tabasco

METHOD:

(a) Work cheese and softened butter into flour with the fingers.
(b) Add seasoning and just enough water to bind the materials, a few drops generally suffice.
(c) Roll out to thickness of a silver quarter and cut into strips, or strips and hollow rings.
(d) Bake in 500° oven until well colored and then pile on a plate like a wood-pile or serve with sticks through rings.

English Monkey

1 cup stale bread crumbs
1 tablespoonful flour
2 eggs
Salt and red pepper to taste
1 tablespoonful butter
¾ cup grated cheese
Toast

METHOD:

(a) Soak crumbs 10 minutes in milk.
(b) Combine melted butter and flour and stir into other mixture with grated or thinly sliced cheese.
(c) When cheese is melted, beat in yolks and cook until thickened again.
(d) Fold in stiffly beaten whites and pour over toast.

Mock Welsh Rarebit

Put ¾ cup grated Dairy cheese in pan and pour boiling water over it to cover generously. Let stand in warm place for 10 minutes. Drain off water and pour the resulting creamy mass over hot toast, season and serve at once.

Tomato Rarebit

1 tablesppoonful butter
2 tablespoonfuls chopped green pepper
½ cup tomato pulp
Salt and tabasco to taste
¾ lb. mild cheese
1½ tablespoonfuls grated onion
2 tablespoonfuls milk
1 egg

METHOD:

(a) Cook chopped pepper and onion in butter and when well colored add to milk and egg beaten together.

(b) Add diced or grated cheese to tomatoes, well drained of their juice and then combine all the ingredients and cook in double boiler until creamy. Pour over hot toast.

Welsh Rarebit (1)

½ lb. grated or thinly sliced cheese
½ cup milk, beer or ale
¼ teaspoonful salt and pinch of red pepper

METHOD:

Put all the ingredients together into a double boiler or chafing dish and cook until thick and creamy, adding a pinch of soda if the cheese shows a tendency to get stringy.

Welsh Rarebit (2)

½ lb. thinly sliced or grated cheese
1 tablespoonful butter
½ cup milk
1 teaspoonful cornstarch
Salt and red pepper to taste

METHOD:

Make a sauce of the butter, cornstarch and milk and mix with the other ingredients. Cook in a double boiler until thick and creamy.

Table Service

1. **Q. *What is the difference between a "formal" and an "informal" meal?***

   A. A ***formal*** meal generally implies the presence of guests outside the family circle or an occasion such as birthday, a wedding when more ceremony is called for than on ordinary occasions. An ***informal*** meal is simply a family luncheon or dinner.

2. **Q. *When should table cloths, rather than doyleys be used?***

   A. For formal dinners, it would be bad form to use anything but a table cloth, but doyleys may be used for any other luncheon or dinner.

3. **Q. *Is it ever allowable to use colored table linen?***

   A. Never for a formal meal.

4. **Q. *How far should a table cloth extend over the edge of the table?***

   A. From six to twelve inches. A tea-cloth, however, may just cover the top of the table.

5. **Q. *Should a table cloth be laid directly on the table?***

   A. No, there should always be a "silence cloth" made of heavy Canton flannel or felt, between the table and the table cloth.

6. **Q. *How much space should be left for each cover?***

   A. From twenty-four to thirty inches.

7. **Q. *What is the order of service for breakfast?***

   A. Fruit, cereal, rolls, bacon and eggs or meat, marmalade or jam. There is a growing tendency to serve fruit at the end of breakfast rather than at the beginning, a custom that is more conformable to the rule of hygiene.

8. **Q. *How should fruit be served at breakfast?***

   A. (a) A bowl of fruit may form the centrepiece and each guest may help himself or it may be served in a bowl or basket from the sideboard to the left of each guest who chooses what he wants.

   (b) Half a grapefruit, orange or an iced slice of melon may be on each plate when the guests enter the dining room.

   (c) A saucerful of sliced oranges, peaches or berries may be placed before each guest and sugar or cream passed around to the left.

9. **Q. *Should iced water be served at breakfast?***

   A. It should be served at ***every*** meal. The water glass should be placed at the tip of the knife.

10. Q. How should butter be served?

A. (a) A ball, cube or curl should be placed on every bread-and-butter plate before the guests arrive.

(b) A print of butter may be offered to each guest from the left, so that he may cut a piece to meet his requirements.

(a) Butter should not be served at all at a formal dinner.

11. Q. Should a dishfull of butter be put on the table?

A. Never. A dishful of cubes, curls or balls or a large print should be kept on the side-board in a plateful of ice. It should be passed as needed to replenish the original quantity.

12. Q. How should bread be served?

A. It should be cut into rather thick slices and a piece placed on each bread-and-butter plate before the guests arrive. The habit of putting a roll in the napkins is less common than formerly. Like the butter, bread should be replenished from a plate kept on the side table.

13. Q. How should soft-boiled eggs be served at breakfast?

A. (a) The best form holds that they should be broken into a thin glass tumbler from which they should be eaten with a teaspoon, or

(b) They may be served in an egg-cup and eaten directly from the shell.

14. Q. How should coffee be served at breakfast?

A. It should be served directly after the cereal in large cups, either from the head of the table or else from the pantry or a side table. The cream should always be poured into the cup before the coffee.

15. Q. What kind of sugar should be served with coffee?

A. Generally cubes are used, but granulated sugar may also be used.

16. Q. How should marmalade or jam be served at breakfast?

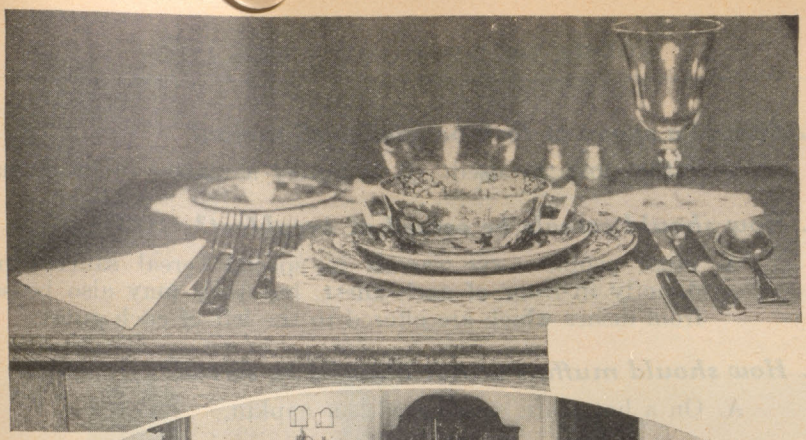
A. (a) In individual jars placed at each cover, or

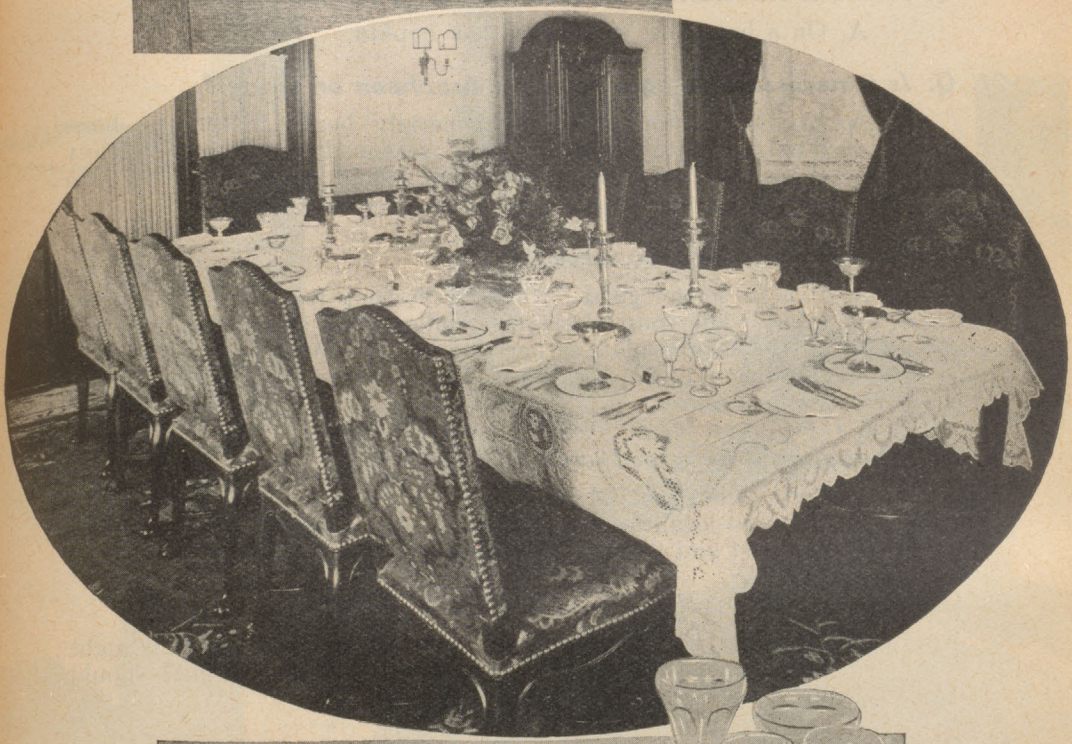
(b) In a compote and passed to the left of each guest or left on the table so that each guest may help himself.

(c) In small saucers or on the bread-and-butter plate of each guest.

17. Q. How should toast be served at breakfast?

A. It should be rather thick, about one-fourth of an inch with the crust removed. When well-browned, it should be buttered and put into a toast rack as piling on a plate makes toast soggy.







1—TABLE SET FOR BREAKFAST. 2—TABLE SET FOR FORMAL MEAL—TWELVE PLATES.
3—TABLE SET FOR LUNCH.

18. Q. Should a spoon or fork be used with melon?

A. Either may be used. It is purely a matter of local custom.

19. Q. How should cereals be served at breakfast?

A. Most people serve cereals in special cereal saucers placed directly in front of each guest, but they may also be served from dishes which are offered to the left of each guest.

20. Q. How should muffins or hot biscuits be served?

A. On a hot plate covered with a napkin.

21. Q. Is it necessary to have soup for luncheon or dinner?

A. No, but a formal dinner generally begins, after the hors-d'œuvre, with a light, highly seasoned consomme. Heavy soups such as cream and purées should never be served at a formal luncheon or dinner, as they are too cloying.

22. Q. How should soup be served?

A. It is no longer good form to serve soup from a tureen on the table. The soup plates or bouillon cups should be set down on the service plate either just before dinner is announced or they should be passed from the right as soon as the guests are seated.

23. Q. What should be served with soup?

A. Very thin toast, Melba, Fairy or Muslin, as it is known in different localities, or tiny rolls, hot biscuits, cheese straws, buttered and puffed crackers or unsweetened wafers.

24. Q. How should anything be offered to a guest?

A. It should always be offered from the left, so that his right hand may be free to serve himself with. A cup or glass should always be set down from the right.

25. Q. How should plates be removed?

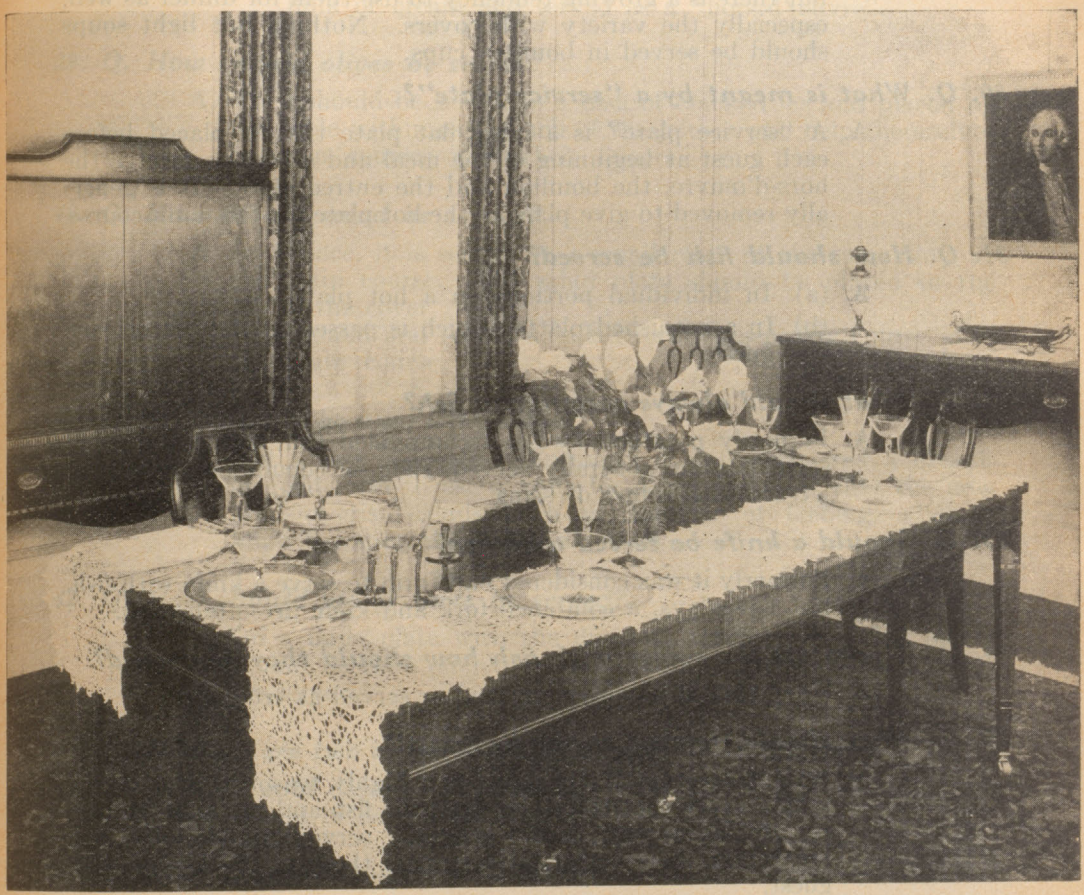
A. If a clean plate is to replace the one removed, the soiled one should be removed with the left hand, from the left of the person served and the clean one set down also from the left, with the right hand. If a clean plate is served without taking away a soiled one, it should be placed from the right.

26. Q. Should glass be removed from the table to fill it?

A. It may be lifted slightly from the table to avoid spilling, but an expert waitress fills it without touching it.

27. Q. Where should all knives be placed in a cover?

A. They should all be placed to the right of the cover with the edges pointing to the plate, the one to be used first at the extreme right.



For lunch or tea. The arrangement is in very good taste and the linen, dishes and glasses are quite according to the latest table fashion.

28. Q. How should all forks be placed?

A. All forks with the exception of the oyster or hors-d'œuvre fork, should be placed at the left of the cover with the tines turned up. An oyster fork or hors-d'œuvre fork should be placed to the extreme right of the knives.

29. Q. When should bouillon cups be used?

A. Bouillon cups formerly never appeared except for luncheon, but there is a growing tendency to use them for dinner as well, especially the variety with covers. Nothing but light soups should be served in bouillon cups.

30. Q. What is meant by a "service plate"?

A. A "service plate" is a large flat plate that is placed before each guest at beginning of the meal and serves to receive the hors-d'œuvre, the bouillon and the entree plate. It is generally removed to give place to the hot plate for the main course.

31. Q. How should fish be served?

A. (a) In individual portions on a hot plate.

(b) In a garnished platter which is passed to the left of each guest.

32. Q. What should always accompany fish?

A. Formerly potatoes always accompanied fish, but now a green salad is more generally served, such as cucumbers or iceberg lettuce with a tart dressing.

33. Q. Should a knife be served with fish?

A. Formerly it was considered bad form to serve a knife with fish, but nowadays, a combined fork and knife are often used.

34. Q. If potatoes are served with fish how should they be cooked?

A. They should be either mashed or served as croquettes.

35. Q. When should the first entree be served?

A. An entree properly speaking, is a highly seasoned dish served with a sauce that comes between the fish and the main course. At luncheons, entrees are generally served individually, but for dinners it is better form to pass them to the left of each guest.

36. Q. How should the main course be served?

A. (a) It may be carved in the pantry and then the pieces put back into their natural position and offered to the left of each guest.

(b) It may be carved in the pantry or on the side table and each guest served with a hot plate containing a garnished portion of fish or meat.

(c) The vegetables that accompany the main course should be passed to each guest from the left.

37. Q. How should sauces be served?

A. They should be served from the right in a gravy boat, the waitress pouring the sauce as required.

38. Q. How should celery be served?

A. (a) It may be thoroughly cleaned and then cut down through the roots and served as a "hors-d'œuvre".
(b) It may be cleaned and stuffed with cheese moistened with milk or cream and served as a "hors-d'œuvre".

39. Q. How should olives be served?

A. They should be served in a dish of cracked ice and placed on the table within easy reach of the guests who help themselves between courses with their fingers.

40. Q. How should salad be served?

A. In France, it is served on a small plate at the same time as the main course. The salad plate should be placed to the left of the cover.
In England and America, salad forms a separate course after the main course.

41. Q. May a knife be used with salad?

A. Not unless necessary. Formerly it was considered a breach of good form to use a knife for salad, but now that the new kinds of crisp salads, such as Romaine or Iceberg, a silver knife becomes absolutely necessary.

42. Q. How should pie or tarts be served?

A. On a large plate with the divisions marked off. The pieces should be then offered to each guest to his left with a silver pie-server.

43. Q. If there are two desserts which should be served first?

A. A ***cold*** dessert should always come after a ***hot*** one and fruit should be served the last of all.

44. Q. How should ice cream be served?

A. It may be moulded and served on a flat dish covered with a napkin. It may either be served from the end of the table by the hostess or passed to the left of each guest.

45. Q. How should puddings be served?

A. Small saucers set on slightly larger plate should be passed to each guest and the pudding then offered to the left with a serving spoon placed in the pudding towards the right. The pudding may also be served by the hostess from the end of the table and set down by the waitress to the right of each guest.

46. Q. How should cake be served?

A. (a) It may be sliced and passed to the left of each guest in a cake-basket or on a plate.
(b) It may be offered with a silver knife to the left of each guest who will cut a slice for himself.

47. Q. When must finger bowls be used?

A. Whenever fruit or soft cake has been served at a meal.

48. Q. How should finger bowls be served?

A. They should be placed on a doyley in the centre of a small plate and set from the right before each guest. The guest should then lift the finger bowl and the doyley and place them on the table in the place of the bread-and-butter plate, reserving the plate for the fruit or other dessert.

49. Q. Should ice cream be eaten with a spoon or a fork?

A. Either may be used.

50. Q. How should salted almonds be served?

A. They should be put on the table before the meal begins in tiny bowls and eaten with the fingers.

51. Q. How should napkins be put on the table?

A. If of the large Damask variety, they may be folded into three or four folds and placed at the left of the plate.
If the finer linen luncheon form is used, the napkins are generally folded into triangles with the straight side towards the plate.

52. Q. Are very elaborate napkins or table cloths the best form?

A. No.

53. Q. How should coffee be served for luncheon or dinner?

A. It should be served in tiny cups known as "demi-tasses" and served at the very end of a meal or passed around on a tray in the drawing room. Sugar and cream are now served although formerly, black coffee was served alone.

54. Q. How should fruit be served at the end of a meal?

A. It should be passed in a bowl to the left of each guest.

55. Q. What should be served for an informal "five o'clock tea"?

A. The freshly brewed tea in a "cosy" covered pot should be brought in on a tray with a plateful of sandwiches, another of cake and the cups, plates and saucer. Some hostess prefer to make the tea themselves when a "Samovar" is used instead of a tea-pot. Nothing elaborate should appear at a tea, thinly sliced bread and butter, hot biscuits or sandwiches with cake and bonbons is all that is ever served in well-bred homes.

56. Q. Is it necessary to use a tray in passing the cups of tea at "Five o'clock tea"?

A. It is better form simply to hand them to the guests who may drink their tea either seated anywhere at all or standing.

57. Q. What is a "buffet" lunch or supper?

A. It is a form of reception where the guests help themselves from a table and generally consists of cold jellied meats, salads, sandwiches, with several kinds of cakes and desserts.

58. Q. Should napkins be served at tea?

A. Some hostess serve them at informal teas, but they are not used at formal receptions.

59. Q. How should a meal be announced?

A. A butler or maid should appear in the door of the drawing or living room and say in a low voice: "Dinner is served". No announcement is made for tea. The tray is simply brought in unobtrusively and placed on any available table.

60. Q. Should forks be used with sandwiches?

A. Never. Sandwiches should be eaten with the fingers.

61. Q. When should tea be served at luncheon?

A. If tea rather than coffee is served at luncheon, it should be served with the salad course. Muffins, biscuits and wafers of all kinds should be also eaten with the fingers. They should be broken and the pieces buttered as eaten.

62. Q. How should crackers and cheese be served?

A. Cheese may be served in individual pieces, either cubes or wedges and offered to the left of each guest.
Hard cheese as Edam and Pineapple should be offered to the left of each guest with a scoop.
Cream cheese should be rolled into balls and is generally used as a garnish for salads.
The silver paper may be left on the wedges of individual portions of cheese each guest removing the paper from his own portion.

63. Q. How should crumbs be removed from the table?

A. After the salad course, the bread and butter plates should be removed and the table then brushed off very unobtrusively with a napkin and plate or small tray.

64. Q. How should a wine glass be held?

A. By the stem between the forefinger and thumb.

65. Q. How many forks may be placed to the left of the cover at the beginning of the meal?

A. Good usage holds that no more than three should ever be on the table at the beginning of a meal. Any other forks that may be required should be put on at the same time as the courses they are to be used with.

Table Etiquette

1. Q. What is the place of honour at table?

A. For a ***woman,*** the right of the ***host.***
For a ***man,*** the right of the ***hostess.***

2. Q. Who should be served first?

A. (a) The guest of honour is generally served first, particularly if his rank is outstanding. The three chief courses: soup, fish and meat should always be served to the guest of honour before all others, but the other courses may be begun with the guest seated to the left of the host or hostess.

(b) There is a growing tendency to always serve the hostess first and then beginning on her right and go down that side of the table, after which the left of the table should be served.

3. Q. What advantage is there in serving the hostess first?

A. (a) She sets the guests at ease by beginning to eat as soon as she is served.

(b) By her example, she gives the guests an insight into the nature of the dish served.

4. Q. When should a person begin to eat at a formal meal?

A. As soon as the hostess is served. It is no longer good form to wait until all the guests are served.

5. Q. What are the three courses that should never be refused?

A. Soup, fish and meat, even though one has no intention of eating them.

6. Q. May soup be sipped from a bouillon cup?

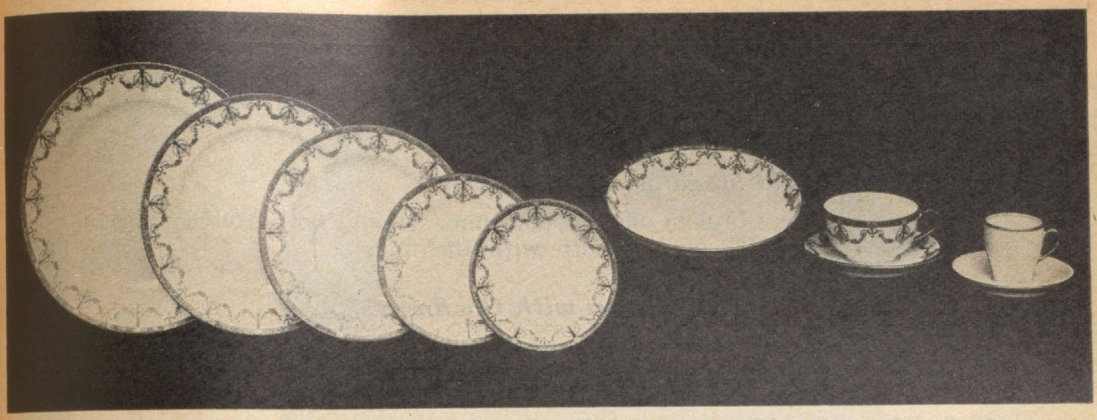
A. Formerly it was considered bad taste, but now it is considered good form to do so.

7. Q. How should soup be eaten?

A. The spoon should be dipped into the soup with the outer edge of the spoon towards the centre of the table. The soup should then be eaten from the opposite side of the spoon, ***never*** from the tip.

8. Q. Is it good form to break crackers or bread into one's soup?

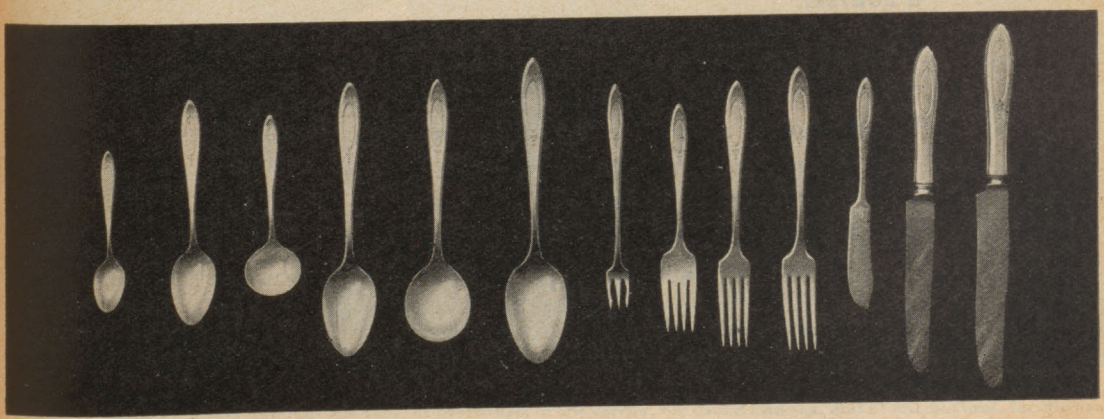
A. Never. The only thing that may be added to soup apart from pepper and salt is grated cheese which is sometimes passed around in a bowl after the soup is served.



Unless one can afford very expensive china, it is wise to select simple patterns. A dinner set like the one above is always in good taste.



The complete array of glasses for the gala dinner. The specimens, shown here, happen to be of very expensive cut glass. But beautiful sets of exquisite design can be obtained to-day at moderate prices.



A complete set of silverware for dinner in classical form design.

9. Q. Is it allowable to tilt one's soup plate?

A. Never.

10. Q. How should bread or rolls be eaten?

A. Pieces broken off, one at atime, should be buttered and conveyed to one's mouth with the fingers.

11. Q. What food may be eaten with the fingers?

A. Olives, celery, cake, salted nuts, artichokes, asparagus, fruit and bonbons.

12. Q. How should asparagus be eaten?

A. The tip should be cut off and conveyed to the mouth with a fork, the stem may then be lifted to the mouth with the fingers.

13. Q. How should cherry stones of fruit stones be removed from the mouth?

A. With the thumb and first finger or with a spoon. They should be laid on the side of the plate.

14. Q. Is it good manners to turn away from the table when using one's hankerchief?

A. By no means. A well-bred person uses her handkerchief in such a way that no one notices it at all.

15. Q. How should a fork be held?

A. (a) It should be held in the left hand with the tines down when used with the knife to cut or break up food.

(b) It should be used in the right hand with the tines up to convey food to the mouth.

16. Q. What should be done with one's fork and knife at the end of a course?

A. They should be laid side by side, with the tines up and the handles pointing to the right hand of the guest.

17. Q. When should a guest arrive for luncheon or dinner?

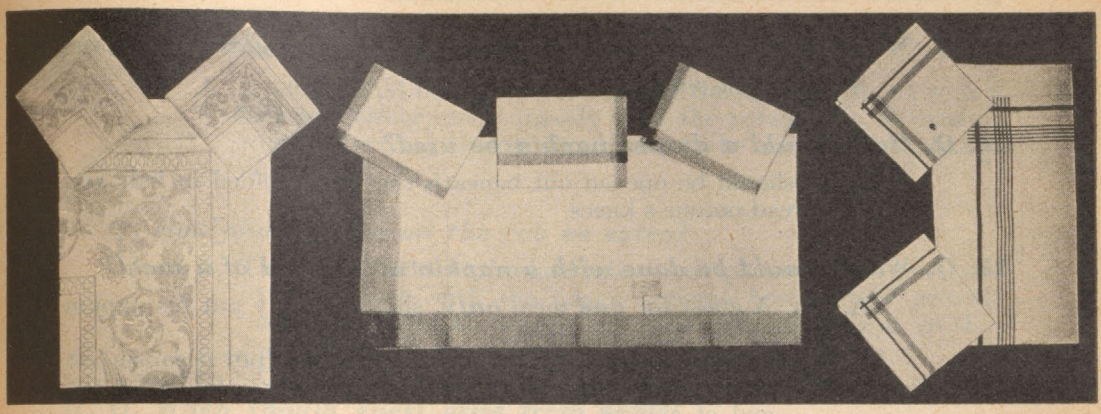
A. Within ten minutes of the appointed time.

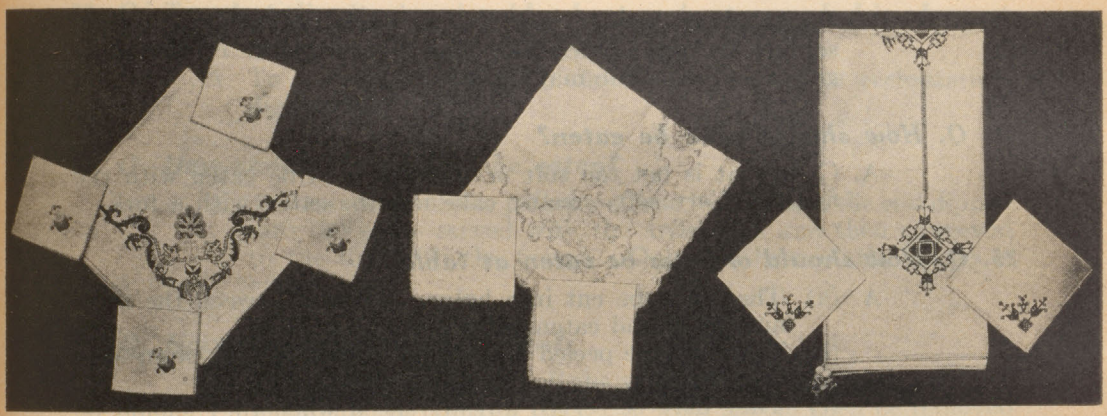
18. Q. Is it necessary to acknowledge a dinner invitation?

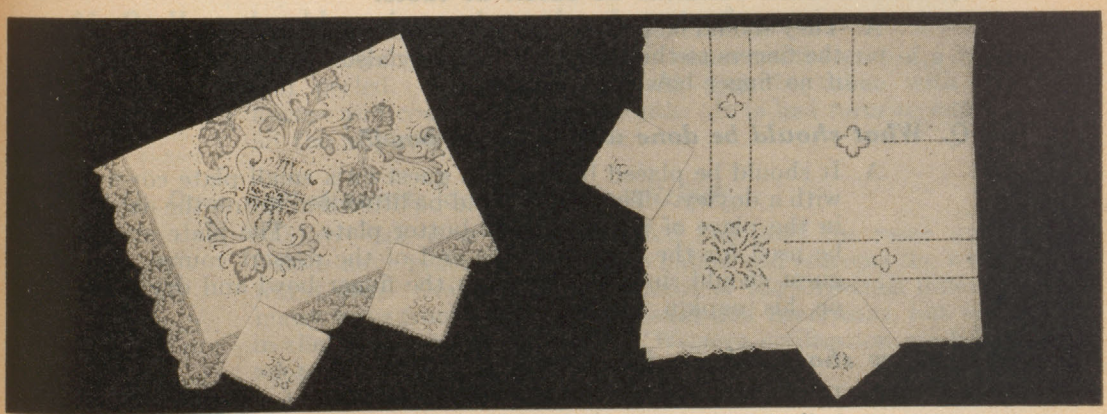
A. It is the height of bad breeding ***not*** to acknowledge a dinner invitation.

19. Q. How long should a hostess wait for a tardy guest?

A. Not more than fifteen minutes.







Three typical sets of table linen: at the top, for breakfast; in the centre, for lunch and tea, and at the bottom, for dinner.

20. Q. What should one always do before drinking a glass of water?

A. Wipe one's mouth with a napkin.

21. Q. How should a dinner napkin be used?

A. It should be opened out beneath the table, folded in half and spread on one's knees.

22. Q. What should be done with a napkin at the end of a meal?

A. (a) A guest for ***one*** meal ***only,*** should simply put his napkin on the table unfolded.
(b) A house guest should fold his napkin and put it to the left of his plate. In a hotel, a napkin is never folded at the end of a meal.

23. Q. How should salad be eaten?

A. When at all possible, the fork only should be used, but in serving Iceberg lettuce, Romaine or any of the crisper salad green, a silver knife may be used.

24. Q. How should cake be eaten?

A. Cake that is not too soft or sticky should be eaten with the fingers. Very soft, creamy cake may be eaten with a fork.

25. Q. How should oranges be eaten at table?

A. (a) They may be cut into halves midway between the stem and navel and eaten with a spoon.
(b) They may be peeled and cut into sections and eaten with the fingers.
(c) They may be served already sliced when they should be eaten with a spoon.

26. Q. How should bananas be eaten at table?

A. They should be peeled and pieces broken off and conveyed with the fingers to the mouth. They may also be eaten with a fork, if no finger bowls are available.

27. Q. What should be done with a finger bowl?

A. It should be placed before each guest on a small plate covered with a doyley. The bowl should be lifted and set on the doyley in the place of the bread-and-butter plate. The plate should be used for the fruit. At the end of the dessert course, each guest should rinse his fingers in the finger bowl and dry them on his napkin.

28. Q. How should cheese be eaten?

A. If cut into cubes, it should be eaten with the fingers. If in balls or very soft, it should be spread with a silver knive on crackers.

29. Q. How should baked potatoes be eaten?

A. A slice should be cut off the top and the pulp taken out with a fork and either eaten directly from the potato skin or mashed with butter. A spoon should never be used with a baked potato.

30. Q. How should corn on the cob be eaten?

A. The cob should be broken into small portions and conveyed to the mouth with the fingers. Some hostess now provide "corn pins" which are stuck into each end of the cob, so that the fingers will not be soiled.

31. Q. When should guest arise from table?

A. When the signal is given by the hostess.

32. Q. To what dignitaries should a host or hostess cede his place at table?

A. To a bishop in his own diocese or any higher ecclesiastical dignitary.

33. Q. How should artichokes be eaten?

A. The leaves should be pulled out, one by one, and the end dipped into the sauce served with the artichokes and then conveyed to the lips with the fingers. Only the base of the leaves is edible.

34. Q. How should grapes be eaten?

A. They should be broken off the stem one at a time and conveyed to the mouth one at a time, the seeds should then be removed between the thumb and first finger as inconspicuously as possible, or with a spoon.

35. Q. How should apples and peaches be eaten?

A. They may be taken in the hand, ***never*** on the end of a fork, and peeled. Small pieces should then be taken with the fingers and conveyed to the mouth. It is bad form to cut up all the apple or peach at once.

36. Q. Does not etiquette vary with localities?

A. Slightly, but it is well recognized fact that the same social classes have practically the same habits and customs the whole world over. Naturally the customs of the Orientals differ in many ways from those of Europeans and Americans, but even in the Far East, the customs of Western civilization are being adopted by the educated classes.

Baking Temperatures

Kind of Food	Temperature	Time
Baked Apples	400° F.	Until tender
Baked Beans	350° F.	6 to 7 hours
Biscuits:		
Baking-Powder	450° F.	12 to 15 minutes
Raised	400°-425° F.	20 minutes
Breads:		
White	375° F.	60 minutes
Corn	400° F.	20 to 25 minutes
Muffins	400° F.	25 minutes
Popovers	450° F. and then 350° F.	30 minutes 15 minutes
Nut	350° F.	45 minutes to 1 hour
Cakes:		
Angel	300° F.	1 hour
Fruit, Small	325° F.	1¼ hours
Fruit, Large	275° F.	3 to 4 hours
Gingerbread	325° F.	35 minutes
Plain (sheet or cup)	375° F.	30 minutes
Plain (loaf)	350° F.	45 minutes
Plain (layer)	365° F.	20 minutes
Pound	325°-350° F.	1 to 1¼ hours
Sponge	320° F.	1 hour
Cookies:		
Drop, Bran	425° F.	12 minutes
Filled	450° F.	11 minutes
Ginger Snaps	350° F.	7 minutes
Macaroons	350° F.	20 minutes
Rolled Vanilla	450° F.	10 minutes
Soft Molasses	375° F.	18 minutes
Cream Puffs and Eclairs	400° F.	35 minutes
Custards:		
Individual	325° F.	40 minutes
Large, one-quart	325° F.	75 minutes
Meats and Fish:		
Meat Loaf	400° F.	45 minutes
Meat Pie (Baking-Powder Biscuit Crust)	450° F.	30 minutes
Meat Casserole	350° F.	2½ to 3 hours
Fish	425°-450° F.	20 to 60 minutes
Sliced Ham	450° F.	20 minutes
Meringue	300° F.	15 minutes or more
Pies:		
Apple or any **double-crust** pie, having raw filling	450° F.	40 minutes (reduce the heat slightly during last 10 minutes)
Custard, Pumpkin, or similar **open** pies	450° F. and then 235° F.	10 minutes 30 minutes
Cranberry, or similar **open cross-cut** pies	450° F.	20 minutes
"Fruit Deeps," like apple or other deep fruit pies, having a top crust only	450° F.	40 minutes (reduce the heat slightly during last 10 minutes)

Pies: (*continued*)		
Mince Pie, or any **double-crust** pie, with a previously cooked filling	450° F.	30 minutes
Open Pies, having a soufflé filling	375° F.	30 minutes
Pastry Straws	500° F.	10 minutes
Pie Shells	500° F.	12 minutes
Puff Paste	450°-500° F.	12 minutes
Tart Shells	500° F.	10 minutes
Turnovers	450° F.	15 minutes
Potatoes:		
Baked, Small White	500° F.	25 minutes
Baked, Medium White	500° F.	40 minutes
Baked, Large White	500° F.	1 hour
Baked, Sweet	500° F.	35 minutes
Scalloped	350° F.	45 minutes
Puddings:		
Bread	350° F.	1 hour
Rice	320° F.	2 to 3 hours
Scalloped Dishes ((priviously cooked materials) used)	500° F.	12 minutes
Soufflés	375° F.	30 to 40 minutes
Timbales:		
Individual	325° F.	40 minutes
Large	325° F.	75 minutes

Roasting Temperatures

Kind of Food	Temperature	Total Time
Rolled Beef (uncovered roaster):		
Rare	500° F. for 15 minutes and 350° F. for remaining time	20 minutes to the pound
Medium	500° F. for 15 minutes and 350° F. for remaining time	25 minutes to the pound
Well Done	500° F. for 15 minutes and 350° F. for remaining time	30 minutes to the pound
Standing Rib Roast (uncovered roaster):		
Rare	500° F. for 15 minutes and 350° F. for remaining time	15 minutes to the pound
Medium	500° F. for 15 minutes and 350° F. for remaining time	20 minutes to the pound
Well Done	500° F. for 15 minutes and 350° F. for remaining time	25 minutes to the pound
Chicken, Duck and **Goose** (uncovered roaster)	500° F. for 15 minutes and 350° F. for remaining time	20 minutes to the pound
Chicken, Duck and **Goose** (covered roaster)	500° F. for 30 minutes and 350° F. for remaining time	20 minutes to the pound
Ham, Fresh (uncovered roaster)	350° F. for entire time	30 minutes to the pound
Ham, Fresh, (covered roaster)	500° F. for 30 minutes and 350° F. for remaining time	30 minutes to the pound
Lamb, Leg of (uncovered roaster)	500° F. for 15 minutes and 350° F. for remaining time	20 minutes to the pound
Lamb, Leg of (covered roaster)	500° F. for 30 minutes and 350° F. for remaining time	20 minutes to the pound

Pork, Loin of (uncovered roaster)	500° F. for 15 minutes and 350° F. for remaining time	30 minutes to the pound
Pork, Loin of (covered roaster)	500° F. for 30 minutes and 350° F. for remaining time	30 minutes to the pound
Turkey (uncovered roaster)	350° F. for entire time	20 minutes to the pound
Turkey (covered roaster)	350° F. for entire time	20 minutes to the pound
Veal (uncovered roaster)	500° F. for 15 minutes and 350° F. for remaining time	20 minutes to the pound
Veal (covered roaster)	500° F. for 30 minutes and 350° F. for remaining time	20 minutes to the pound

Deep Fat Frying Temperatures

Kind of Food	Temperature	Time
Croquettes, Fish Balls, and all previously cooked food	390° F.	Until brown
Doughnuts, Fritters and all raw dough mixtures	360°-370° F.	Until brown
French Fried Potatoes (strips ¼ inch thick and ¼ inch wide)	395° F.	About 4½ minutes
Fish and Meat:		
Butterfish and other medium-sized fish	390° F.	3 minutes
Cod Steaks and fillets of large fish	375° F.	4 minutes
Oysters and soft clams	390° F.	1 minute
Scallops	360° F.	2 minutes
Smelts and other small fish	390° F.	3 minutes
Veal Cutlets	400° F.	3 minutes

A **Slow Oven** ranges from 250° F. to 350° F.; a **Medium Oven** from 350° F. to 400° F.; a **Hot Oven** from 400° F. to 450°F.; and a Very Hot Oven from 450° F to 500° F.

Time Table for Broiling

550 degrees is the proper temperature for **beginning** all broiling, but the heat may be lowered at discretion.

Bacon, or sliced salt pork . . 3 to 5 minutes
Fillet of beef . . . . . 20 minutes
Beefsteak:
1 inch thick . . . . . 8 to 10 minutes
1½ inches thick . . . . . 10 to 12 minutes
2 inches thick . . . . . 18 to 20 minutes
Ham (smoked):
¼ inch thick . . . . . 3 minutes
1 inch thick . . . . . 5 minutes
Lamb or mutton chops . . 8 to 10 minutes
Pork chops . . . . . 15 to 20 minutes
Pork fillets . . . . . 15 minutes
Veal chops . . . . . 10 minutes
Chicken (1½ lbs) . . . . . 20 to 30 minutes
Duckling . . . . . 20 to 30 minutes
Partridge or quail . . . . . 10 to 20 minutes
Pigeons . . . . . 15 to 20 minutes
Venison . . . . . 10 to 15 minutes
White fish or shad . . . . . 15 to 20 minutes
Liver (parboiled) . . . . . 5 to 6 minutes
Slices of fish (1 inch thick) . 12 to 15 minutes

Time Table for Boiling Vegetables

Asparagus ..... 15 to 35 minutes
Artichokes:
French ..... 25 to 40 minutes
Jerusalem ..... 20 to 35 minutes
Beans:
String (according to age) 35 min. to 1 hour
Lima ..... 30 to 45 minutes
Dried ..... 3 to 4 hours
Beets:
Young ..... 30 to 45 minutes
Old ..... 2 to 4 hours
Brussels Sprouts ..... 15 to 20 minutes
Cabbage:
Young (whole) ..... 25 to 30 minutes
Old ..... 30 min. to 1 hour
Carrots (according to age) ..... 15 to 30 minutes
Cauliflower ..... 20 to 30 minutes
Celery ..... 20 to 35 minutes
Corn:
Green ..... 5 to 15 minutes
Dried ..... 2 to 2 hours
These tables are approximate only.

Cucumber ..... 12 minutes
Eggplant ..... 15 to 20 minutes
Spinach or other greens ..... 20 to 40 minutes
Kohlrabi ..... 25 to 45 minutes
Leeks ..... 15 to 35 minutes
Lentills ..... 3 to 4 hours
Mushrooms ..... 7 minutes
Okra or gumbo ..... 20 to 40 minutes
Onions ..... 30 to 60 minutes
Parsnips ..... 30 to 50 minutes
Peas:
Green ..... 15 to 40 minutes
Dried ..... 3 to 4 hours
Potatoes ..... 30 to 40 minutes
Sweet potatoes ..... 25 to 30 minutes
Pumpkin ..... 30 to 40 minutes
Salsify or Oyster plant ..... 45 to 60 minutes
Summer squash ..... 15 to 25 minutes
Tomatoes, stewed ..... 15 to 25 minutes
Turnips ..... 30 to 60 minutes

Substitutions

Baking powder (1 teaspoonful) ..... = ⅓ teaspoonful soda mixed with ½ teaspoonful cream of tartar.
Beef extract (1 teaspoonful) ..... = 1 bouillon cube.
Chocolate (1 ounce or square) ..... = ⅓ cup cocoa, with 2 teaspoonfuls shortening.
Cornstarch (1 tablespoonful) ..... = 1¾ tablespoonfuls of rice or wheat flour or ⅔ tablespoonful arrowroot.
Bread flour (1 cupful) ..... = ⅞ cup pastry flour plus 2 tablespoonfuls cornstarch.
Gelatine (1 tablespoonful or ¼ oz.) ..... = 1 cup liquid agar-agar or Japanese gelatine (see Agar-agar in recipes).
Honey (1 cup) ..... = 1 cup sugar, but in cakes, ¼ of the shortening called for by the recipe should be omitted when sugar is replaced by honey.
Horseradish (fresh) (1 tablespoonful) ... = 2 tablespoonfuls pickled horseradish.
Molasses (1 cupful) ..... = ¾ cup sugar
Junket (1 tablet) ..... = 1 cup liquid rennet.
Tapioca (Minute) (1½ tablespoonfuls) . = 4 tablespoonfuls pearl tapioca.
Butter (1 cup) ..... = ⅞ cup vegetable oil or shortening.
" " ..... = ½ cup suet.

Batters

1 cup liquid to 1 cup flour, **pour batter** for pancakes, popovers or Yorkshire pudding.
1 cup liquid to 2 cups flour, **drop batter** or sponge, for bread-making, tea biscuits or shortcakes.
1 cup liquid to 3 cups flour, **soft dough.**
1 cup liquid to 4 cups flour, **stiff dough.**

All the wines used for flavoring in the recipes in this book may be substituted by the **Virginia Dare** or any other non alcoholic wine flavoring.

Convenient Measures

60 drops	= 1 teaspoonful	1 wine glass	= ¼ cup
4 saltspoonfuls	= 1 teaspoonful	2 cups	= 1 pint
2 coffeespoonfuls	= 1 teaspoonful	2 pints	= 1 quart
3 teaspoonfuls	= 1 tablespoonfuls	1 fluid ounce	= 2 tablespoonfuls
1 rounding teaspoonful	= 2 teaspoonfuls	1 litre	= 1.06 quarts
2 heaping teaspoonfuls	= 1 tablespoonful	2 tablespoonfuls butter	= 1 ounce
1 soupspoonful	= 1 tablespoonful	2 tablespoonfuls sugar	= 1 ounce
16 tablespoonfuls	= 1 cup	4 tablespoonfuls flour	= 1 ounce
4 tablespoonfuls	= ¼ cup	4 cups flour	= 1 lb.
1 gill	= ½ cup		

Suggestions for Wedding or à la Fresco Breakfasts and Evening Receptions or Buffet Suppers

Cakes

Choice of Macaroons, Kisses,
Coffee eclairs, Jelly roll,
Nut macaroons, Chocolate,
Angel cake, Sunshine,
Lady fingers, White.

Fruit (for Breakfast only)

Choice of Grapefruit, Iced melon,
Strawberries and cream, Oranges, sliced,
Hot house grapes, Peaches and cream,
Raspberries and cream, Fruit salad.

Hot Bread

Choice of Brioches, Cream fingers,
Sally Lunn, Cinnamon rolls,
Popovers, Whole wheat rolls,
Vienna rolls, French rolls.

Meat or Fish

Choice of Oyster patties, Pâté de foie gras in aspic
Chicken aspic, Egg chaudfroid,
Lobster patties, Egg timbals,
Chicken croquettes, Sweetbread patties,
Ham mousse, Tongue in aspic,
Chicken à la King, Mushroom patties.

Salads

Choice of Chicken, Ginger ale,
Lobster, Jewel salad,
Celery, nuts and apple, Claridge,
Tomatoes stuffed with crab-meat, Bird's nest,
Shrimp.

Sandwiches

Choice of Chicken (sliced), Cream cheese and sliced olives,
Chicken salad, Celery and mayonnaise,
Chicken mousse, Cream cheese and orange marmalade,
Lobster salad, Scrambled eggs and bacon,
Lettuce and mayonnaise, Pâté de foie gras.
Bacon and bananas,
Grapefruit and cream cheese,
Ham mousse,

Sweets

Choice of Ice cream, Parfaits,
Sherbets, Frozen mousses,
Water ices, Spanish cream,
Fruit jellies, Frozen pudding,
Bavarian creams, Nesselrode pudding,
Charlotte russe, Diplomatic pudding,

Hot or jellied consommé may be served either after fruit or instead of it.

The Utensils necessary for a Kitchen

5 mixing bowls, nested, from ½ pint to 2 qts.
1 glass lemon squeezer.
6 earthenware or Pyrex custard cups.
1 flour sifter.
1 large grater.
1 nutmeg grater.
2 glass measuring cups.
1 quart measure, glass or enamelware.
1 biscuit cutter.
1 doughnut cutter.
1 set of muffin pans, 6 or 8 in set.
1 earthenware casserole with cover.
1 flat wire egg beater.
1 Dover or wheeled beater.
1 pair common scissors.
1 knife sharpener.
1 slicing knife, 9 inches long.
1 serrated bread knife.
1 spatula, 7 or 9 inches long.
2 kitchen forks.
2 teaspoons.
2 tablespoons.
2 wooden spoons, from 12 to 14 inches long.
1 apple corer.
1 corkscrew and bottle opener.
2 wire strainers, one coarse mesh and the other fine.
3 pie plates of different dimensions.
1 set measuring spoons.
1 can opener.
1 wooden board for mincing vegetables.
1 meat chopper.
1 bread box.
1 cake box.
1 bread board.
1 soup ladle.
Salt and pepper shakers.
1 potato masher.
1 coffee tricolator.
1 enamelware teapot.
2 frying pans of different sizes.
3 lipped saucepans, preferably of aluminum, ½ pint, 1 pint and 1½ pints.
1 basting spoon, 12 or 14 inches long.
1 oven thermometer.
1 sugar thermometer.
1 hot fat thermometer.
1 Scotch iron kettle for deep frying.
2 stainless paring knives.
1 small funnel.
1 sink strainer.
1 soap dish for sink.
1 12-quart dish-pan, preferably oval to fit the sink.
1 stiff vegetable brush.
1 garbage pan.
1 enamelware or aluminum colander.
1 cooky sheet, Russian iron, 12 by 12 inches.
1 wooden rolling pin.
2 9-inch layer cake pans.
1 10-inch griddle in either soapstone or aluminum.
1 roasting pan, 10 by 15 inches.
2 wire cake coolers.
1 potato ricer or puree strainer.
1 ice pick.
1 butter jar for ice chest.
2 wooden butter paddles.
1 earthenware bean pot.
2 jelly moulds, ½ pint and 1 pint.
1 screw driver.
1 hammer.
1 monkey wrench.
2 cake pans, one square and one round
1 enamelware or Pyrex pudding dish.
1 towel rack.
1 set of jars for tea, coffee, etc.

Spring-Summer Menus

SUNDAY

BREAKFAST

Stewed Rhubarb Puffed Rice
Popovers Marmalade
Coffee Cocoa

DINNER

Roast Spring Lamb, Mint Sauce
New Potatoes Green Peas
Watercress Salad
Lemon Ice Coffee Sand Tarts

SUPPER

Stuffed Tomato Salad
Baking Powder Biscuit Cottage Cheese
Berries Silver Cake
Tea Milk

MONDAY

BREAKFAST

Blueberries Shredded Wheat
Crisp Bacon Toast
Coffee

LUNCHEON

Cheese Biscuit Jellied Tuna Fish Potato Chips
Fruit Salad, Pineapple Dressing
Tea Milk

DINNER

Minced Lamb en Casserole
Radishes String Beans Steamed Brown Rice
Romaine Salad, Tarragon Dressing
Bakes Custard, Caramel Sauce

TUESDAY

BREAKFAST

Cantaloupe Bran Flakes
Lamb Kidneys Sauté Toast
Coffee Cocoa

LUNCHEON

Cream of Tomato Soup
String Bean Salad Sardine Sandwiches
Sliced Peaches Cup Cakes
Tea Milk

DINNER

Broiled Beefsteak
French Fried Potatoes Baked Stuffed Tomatoes
Endive Salad, Celery Dressing
Blueberry Pudding, Foamy Sauce

WEDNESDAY

BREAKFAST

Fresh Apricots Wheatena
Poached Eggs on Toast
Coffee Cocoa

LUNCHEON

Cabbage Salad Cheese Fondu Sour Milk Biscuit
Peach Jam
Milk Iced Tea

DINNER

Cream of Watercress Sauce
Beefsteak Hash, Mushroom Sauce
Parsley Potatoes Baked Corn
Pineapple Sherbet
Nut Cookies Coffee

THURSDAY

BREAKFAST

Sliced Watermelon Puffy Omelet
Toast Marmalade
Coffee Cocoa

LUNCHEON

Creamed Beef on Toast
Tomato Salad
Brown Sugar Cookies Iced Cocoa or Milk

DINNER

Chicken Chop Suey
Corn Fritters Crisp Rolls
Asparagus Salad
Peach Shortcake Coffee

FRIDAY

BREAKFAST

Blueberries Hominy
Shirred Eggs Bran Muffins
Coffee Cocoa

LUNCHEON

Fresh Peas Rice Cakes, Cheese Sauce Popovers
Waldorf Salad, Whipped Cream Dressing
Iced Cocoa Milk

DINNER

Cream of Asparagus Soup
Broiled Mackerel
Scalloped Potatoes Swiss Chard or Beet Tops
Sliced Cucumbers
Cottage Pudding, Lemon Sauce
Coffee

SATURDAY

BREAKFAST

Oranges
Crisp Bacon Corn Flakes Coffee Ring
Coffee Cocoa

LUNCHEON

Italian Spaghetti
Heart of Lettuce Salad Emergency Biscuit
Raspberries
Milk Iced Tea

DINNER

Cream of Pea Soup
Veal Cutlets Steamed Carrots Mashed Potatoes
Chocolate Layer Cake Coffee

A Few of our Favorites

Apple Charlotte

2 pounds tart cooking apples
6 tablespoonfuls apricot purée (not necessary)
⅔ cups sugar cooked until clear with 3 tablespoonfuls hot water

METHOD:

(a) Cook peeled apples until very tender with the syrup, then dry out by constant stirring over the fire until like thick marmalade. Add either ½ teaspoonful cinnamon or the grated rind of half a lemon and 1 tablespoonful butter.

(b) Cut stale bread into finger shaped pieces or oblongs to fit the side and bottom of a plain mould. Toast bread and then dip into melted butter and line sides and bottom of mould, putting the pieces as close together as possible.

(c) Fill the mould with the prepared fruit and cover the top with bread like the sides. Cook in 350° oven for 45 minutes, then unmould carefully and, if desired, cover the side with apricot purée or glaze.

Chocolate Meringue Roll

4 eggs
2 teablespoonfuls cocoa
½ cup powdered or fruit sugar
½ teaspoonful vanilla

METHOD:

(a) Beat whites until stiff, and then gradually beat in the sugar, about 2 tablespoonfuls at a time.

(b) Add the cocoa to the yolks beaten until thick and lemon-colored.

(c) Combine the two mixtures, by folding and spread in baking pan lined with buttered paper to the depth of half an inch.

(d) Bake in 360° oven for 20 minutes. Cut off edges.

(e) When cool, spread with sweetened whipped cream or marshmallow and roll. Serve, hot or cold, with chocolate or marshmallow sauce.

Dried or Fresh Fruit Soufflée

1 teaspoonful cornstarch
3 egg whites
Powdered sugar to taste
1 teaspoonful butter
1 cup thick purée of cooked fruit, such as steamed or stewed prunes, apricots, pears or peaches

METHOD:

(a) Add cornstarch and powdered sugar to thick purée, then let cool and fold into the stiffly beaten whites with the melted butter and the flavoring.

(b) Cook in soufflée dish in pan set in one inch of water at 350° for 40 minutes. Serve immediately. Sabayon Sauce may be used with the hot soufflée or the cold one cut into slices.

French Butter Cream

⅔ cup washed butter; creamed
½ cup sugar
¼ cup water
3 yolks
Grated lemon rind, grated orange rind or vanilla to taste, about ½ teaspoonful

METHOD:

(a) Cook the sugar with the water until it forms a soft ball in cold water (240° on the thermometer), then pour it in a stream no larger than a steel knitting needle on the well-beaten yolks.

(b) Continue stirring or beating until as thick as mayonnaise, then beat in the butter about a teaspoonful at a time. Let chill and use.

Coffee butter cream may be made by using strong coffee instead of water. By adding 1 ounce or square of melted bitter chocolate, this cream becomes a ***chocolate butter cream.***

Four tablesponfuls of cocoa are necessary to make a cocoa cream and one ounce of almond paste with 2 drops essence of bitter almond are needed for an ***almond cream.***

Italian Macaroni

8 dried or fresh mushrooms
4 tablespoonfuls brown or white stock
⅔ cup tomato purée (strained tomato)
2 tablespoonfuls chopped mild onion
3 tablespoonfuls butter
3 tablespoonfuls flour
4 cups of cooked macaroni (about ¼ lb. before cooking)
1 cup brown stock
Salt and Tabasco to taste

METHOD:

(a) Cook chopped mushroom and onions in butter for five minutes and then add flour and stir into stock (1 cup) and add tomato purée.

(b) When sauce has thickened, stir in macaroni with ½ cup strong grated cheese.

(c) Serve piled on dish sprinkled with cheese.

If dried mushrooms are used, they should be soaked in 4 tablespoonfuls of stock from 2 to 6 hours before cooking.

Macaroni au gratin (1)

¼ lb. macaroni (4 cups cooked)
1 tablespoonful salt
4 cups boiling water
2 cups cheese sauce

METHOD:

(a) Cook macaroni by dropping it into boiling water in such a way as not to stop the boiling, then allow hot water to run through until the water is clear.

(b) Mix with the cheese sauce; cover with grated cheese and bake for 20 minutes in 350° oven, browning well beneath flame before serving.

Macaroni au Gratin (2)

4 cups cooked macaroni (about ¼ lb. uncooked)
soda crackers
eggs
milk
grated cheese

METHOD:

(a) Put a layer of macaroni into baking dish and then cover with coarsely broken crackers and sprinkle generously with cheese.

(b) Alternate layers of macaroni, crackers and cheese until dish is full, letting last layers be cheese, then cover with seasoned milk, to which 1 egg is added for every cup of milk used.

(c) Cook in 375° oven for half an hour or in 350° oven for an hour. It should rise above the pan like a soufflée.

Parisian Brioches (expensive but delicious)

4 cups pastry flour
1 cake Fleischmann's yeast
1½ cups butter
3 tablespoonfuls powdered sugar
½ cup lukewarm milk
7 large or 8 small eggs
1 teaspoonful salt

METHOD:

(a) Dissolve the yeast in the lukewarm water with 1 tablespoonful of sugar and then add one cup of flour and let rise in warm place (70 to 90 degrees) until light; about 30 minutes.

(b) Work the softened butter into the flour with the fingers and then add 4 well-beaten eggs and beat until smooth.

(c) Add the sponge or yeast mixture and then beat in the other eggs, one at a time ***with the hands,*** holding them like a cup so as to get as much air as possible into the mixture.

(d) Add the rest of the sugar and the salt and beat ***with the hands,*** until the dough breaks off into pieces, instead of being stringy.

(e) Set to rise in warm place and when well-risen put in cold place until hard enough to roll out. It may be left in the refrigerator over-night.

(f) When stiffened, roll out to half an inch thickness and spread with softened butter. Finish like ordinary Brioche (see recipe).

Real French Pancakes

1 cup flour
2 egg whites
1 teaspoonful melted butter
1 cup milk
3 yolks

METHOD:

(a) Beat yolks and whites together and add them to the milk.

(b) Stir the liquid into the flour and let stand for 6 hours, then cook on a hot buttered griddle. They should be spread with butter, then rolled up and served with jelly or some rich sweet sauce. Some cooks spread with jelly before rolling. Hard sauce with a little rum makes ordinary pancakes become "Crêpes Suzette". Some cooks add grated orange rind as well as the rum.

Southern Sweet Potatoes

6 medium sweet potatoes or yams
2 tablespoonfuls butter
⅓ thinly sliced lemon
1½ cups cold water
¼ teaspoonful salt
1½ cups brown sugar

METHOD:

(a) Slice thickly the parboiled potatoes and then cover each layer with sugar, dots of butter and lemon slices. Add water.

(b) Bake in 350° oven until tender, about an hour, then brown beneath flame.

Variations:

(a) Use maple syrup instead of sugar and water.

(b) Use half and half parboiled sweet potatoes and raw sour sliced apples.

(c) Replace ½ cup of water by orange juice and add 4 tablespoonfuls grated orange rind.

(d) Replace half the brown sugar by molasses.

Virginia Sponge Cake

1 cup Swansdown flour
6 eggs
1 teaspoonful lemon juice
1 cup sugar
Grated rind of lemon

METHOD:

Make like potato flour sponge cake.

Virginia Waffles (our specialty)

2 cups of pastry flour
4 tablespoonfuls melted shortening
4 teaspoonfuls baking powder
2 tablespoonfuls sugar
½ teaspoonful salt
1 or 2 eggs
1½ cups milk
2 tablespoonfuls cornmeal, yellow or white

METHOD:

Sift the dry ingredients together and then add to them, the milk beaten with the egg and the melted shortening. As flours have different thickening powers, it may be necessary to add a little more milk to give the batter the texture of thick cream.

If an ***electric waffle*** iron is used, it should be pre-heated for 20 minutes but should ***not*** be greased. The batter should be poured into the iron and then allowed to cook until it stops steaming or until the waffles are the right colour. It does no harm to look at them from time to time. Iron waffle irons should be buttered between each batch of waffles.

Waffles should be eaten ***immediately*** as they get soggy on cooling.

Doughnuts

Doughnuts (sour milk)

1½ teaspoonfuls salt
1¾ teaspoonfuls cream of tartar
¼ teaspoonful cinnamon
1 cup sugar
1 cup thick sour milk or buttermilk
1¾ teaspoonfuls soda
¼ teaspoonful nutmeg
2 teaspoonfuls butter
1 egg
3 or more cups bread flour

METHOD:

(a) Mix dry ingredients and work in butter with finger tips.
(b) Mix sugar beaten egg and sour milk and stir thoroughly into dry ingredients. Finish as plain doughnuts.

Doughnuts (plain)

1 cup sugar
3 eggs
1 cup milk
½ teaspoonful canella
Flour
2½ tablespoonfuls butter
4 teaspoonfuls baking powder
½ teaspoonful nutmeg
1½ teaspoonfuls salt

METHOD:

(a) Cream butter and add one-half sugar.
(b) Beat rest of sugar with eggs until very light and combine mixtures.
(c) Add baking powder, salt and spices to 3½ cups bread flour and alternate into batter with milk. Add enough flour to roll and roll out to one-fourth inch in thickness. Fry in equal parts of lard and beef suet (clarified) or Crisco at 375°, turning but once. They should come to the top quickly.

Raised Doughnuts (with yeast)

1 cup milk
4 tablespoonfuls lukewarm water
3 to 5 tablespoonfuls melted shortening
2 eggs
1 yeast cake
1 teaspoonful salt
1 cup light brown sugar, or ⅔ cup white sugar
3 cups bread flour or more

METHOD:

(a) Dissolve yeast in lukewarm water and then add to warm milk with sugar and 1 cup flour.
(b) Beat thoroughly, then add sugar between with eggs until light and flour sifted with salt. Add more flour until dough does not stick to fingers. Form into balls or roll out and cut and let rise until light on a floured board. Cook in hot fat with top down, then drain on brown paper.

Some cooks dip doughnuts into boiling water as they are removed from the hot fat to make them more delicate.

Crullers

1½ cups sugar
2 eggs
2 teaspoonfuls baking powder
1 cup milk
1 teaspoonful vanilla or nutmeg
½ teaspoonful salt

METHOD:

Make like doughnuts, adding enough bread flour to make stiff dough but shape like crullers.

Sandwich Recipes

There is an interesting bit of culinary history which tells us that the sandwich was named after the English nobleman by whom it was invented. The fourth Earl of Sandwich was so industrious a gambler that he wouldn't leave the card table even to eat. So he devised this new form of eating—the portable meal!
If the story is true, we owe him a debt, for sandwiches are a convenient and delicious food for school lunches, afternoon teas, picnics and motor parties. They even are becoming a square meal when made of hot meat and thick, rich gravy.

Banana Sandwiches

(a) Sliced bananas, sprinkled with lemon juice, between thin slices of fried bacon and brown bread.
(b) Sliced bananas between slices of orange bread, spread with cream cheese.
(c) Sliced bananas between thin slices of nut bread, spread with mayonnaise.
(d) Sliced bananas between thin slices of brown bread spread with grape jelly.

Cheese Sandwiches

(a) Cream cheese and tomato catsup between very thin slices of brown bread.
(b) Pimento cheese between thin slices of nut and raisin bread.
(c) Cream cheese with fresh cream, combined with finely chopped nuts, between thin slices of orange bread.
(d) Gruyère cheese, sliced thin, between two slices of nut bread.
(e) Cream cheese between two slices of brown bread spread with orange or pineapple marmalade.

Chicken Sandwiches

(a) Sliced breast of chicken between very thin slices of buttered bread, with sprays of water cress.
(b) Chicken salad between slices of well buttered bread.
(c) Chicken mousse between very thin slices of brown bread.
(d) Chicken à la King between two slices of brown bread.
(e) Sliced aspic of chicken between slices of buttered nut bread.

Egg Sandwiches

(a) Chopped hard boiled eggs between two very thin slices of rye bread spread with mayonnaise.
(b) Boiled eggs between slices of wholewheat bread spread with bacon fat.
(a) Salad of hard boiled eggs between slices of rye bread.
(d) Chopped hard eggs and ham in equal parts between slices of buttered bread.

Ham Sandwiches

Same recipes as for chicken sandwiches.

Lettuce Sandwiches

(a) Sliced Iceberg lettuce between slices of bread spread with mayonnaise.

(b) Lettuce, soaked in salted sour cream, between two thin slices of nut bread.

(c) Sliced lettuce between two thin slices of bread spread with Russian mayonnaise.

Pork and Beans

Boston Baked Beans

2 cups Navy or pea beans
¼ to ½ pound salt pork
2 to 4 tablespoonfuls molasses
4 cups cold water
2 teaspoonfuls salt
½ cup boiling water

METHOD:

(a) Soak the beans overnight in the cold water, then change for fresh water and let simmer until the skin breaks on the beans when blown upon.

(b) Scald and scrape the salt pork and score it at right angles into squares of about an inch.

(c) Put the beans in a bean pot with all the ingredients except the salt pork, then put the pork on top with the skin side up and bake in a slow oven (300 to 350 degrees) for from 3 to 4 hours. Uncover the pot for the last hour of cooking.

Some cooks add an onion to the beans in the pot, while others use brown sugar instead of molasses and add ½ teaspoonful of mustard.

A good variation is to cover the beans with sour cream and omit the salt pork.

Mexican Beans

Make like Boston Baked Beans, using red kidney beans and adding a medium sized onion stuck with 3 cloves, a teaspoonful of mustard mixed with 3 tablespoonfuls of vinegar and a clove of garlic.

New York Beans

Made like Boston Baked Beans without the molasses or sugar. They are generally baked in a casserole rather than in a bean pot and are much lighter in color when finished.

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